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The Magazine of Western Living

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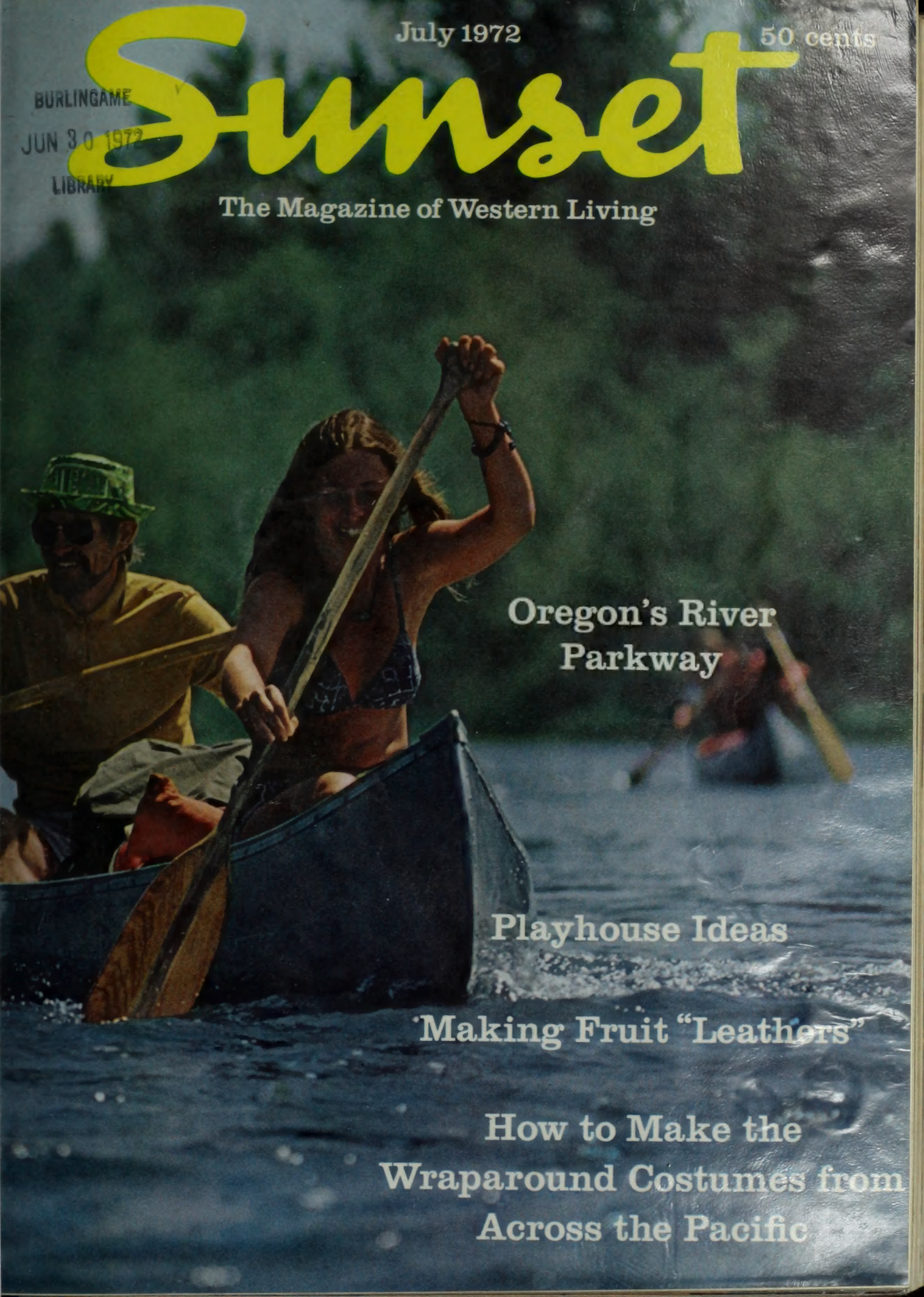

Oregon's River Parkway

Playhouse Ideas

Making Fruit "Leathers"

How to Make the Wraparound Costumes from Across the Pacific

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The Cover Story

Campers in canoes drift and paddle through a quiet stretch of Oregon's Willamette River south of Harrisburg. Don Normark took the photograph from another canoe on a summer afternoon. For more of the Willamette, turn to page 54

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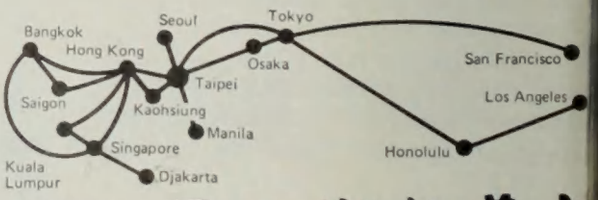

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ke racing in San Jose

bicycle is a lean machine to begin h, and pared further of its refine- nts (brakes, for example) it becomes engine of speed and purpose. Put a pound track racing bike in the hands an experienced rider and he'll hit 45 h on a banked oval like the Santa ra County Velodrome in San Jose, tured at right.

a relatively booming speed on the y ⅕-mile outdoor track. Hard tires n across the pavement and the chain s furiously over the teeth of the e's single gear. Steel alloy frames are uter than on a normal 10-speed to r the stress of powerful pedal thrusts. e riders have discarded their brakes cause a sudden stop is too dangerous a fast-moving crowd.

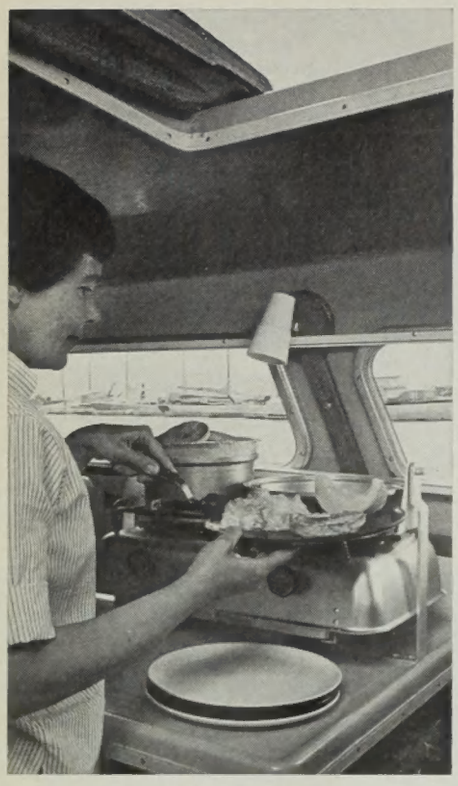
this suggests that speed is the only

Professional *racers whip around banked turn at Santa Clara County Velodrome. Riders may hit speeds of 45 miles per hour*

JOAN HADDEN

ter points *his gun skyward as rs, steadied by their seconds, e on their pedals*

Sunset *The Magazine of Western Living* • *July 1972*



She cooks *for her family in the galley of a 25-foot sloop*

After many weekends, ready for long hauls

Cooking afloat comes quite naturally to *Sunset* staff home economist Joan Griffiths. It's what she has been doing on a majority of weekends since her family bought their first boat 13 years ago. Some of her expertise went into previous *Sunset* articles on boat cooking, the most recent one in July, 1970 (page 104).

But on summer vacations the Griffiths family often takes longer cruises. This can mean no provision stops at marinas for several days or even for weeks if the trip is an ambitious one. Careful menu planning is very important. So Mrs. Griffiths is addressing her latest article on the subject to fellow boat cooks who must do menu planning, food buying, and advance preparation for the long haul. See *Long-cruise menus* on page 112. □

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purpose of a bicycle competition. Bu
if you attend some of the weeken
events at the San Jose track you will se
that the tortoise has as much a place a
the hare. In the 1,000-meter two-ma
sprints, opponents often come to a stan
still as they feint and spar for 800 mete
to gain the advantage in the last 200.

It's a battle of strategy and nerve
tempt your opponent into the lead whe
he can be used like the prow of a sh
to break the resistance of the air. Th
front runner does all the hard wo
while the other rider follows in his dra
saving strength for the final sprint.

In one race a French champion and l
opponent balanced their bikes in v
tually one spot for 40 minutes in an i
credible struggle of will to force t
other into the disadvantage of lead
ship. It wasn't easy. You're disqualifi
if your foot touches the track.

A major competition takes place at t
San Jose velodrome July 1, 2, and
Newly chosen members of the U
Olympic bike team will face riders eli
inated in Olympic qualifying comp
tion the previous week. Events inclu
long distance team races, sprints, and
dividual contests against the clock. R
ing starts every day at 1 P.M. Admiss
is free. The California state champi
ships will be held here July 8.

Even if you're not entered in a race y
can bring your own bike and ride on
track when it's not being used for co
petition. Adults must pay a $5 ann
fee and youngsters $1. You must wea
head protector.

The velodrome is in Coyote Ri
County Park, about 5 miles southeas
central San Jose. Take U.S. 101 to
Hellyer Avenue off ramp. Go west
look for velodrome signs.

There are plenty of picnic areas an
swimming beach in the park.

Decorating in the grand style

From the late 1890's to the 1920's
Francisco artists Arthur and L
Mathews painted and crafted the d
rative art for the wealthier homes of
ifornia. Landscapes, fanciful figure s
ies, and pictures of an idyllic world
pled by the gods were their forte. M
of the works were done on commis
for rich clients.

Through July 30 the full scope of t
art can be explored at the Oakland
seum at 1000 Oak St. Admission is
Hours are 10 A.M. to 5 P.M. Tue
through Sunday, except Friday v
the museum stays open until 10 P.M

The paintings, mostly by Mr. Math
are notable for their subtle colors
graceful forms. In addition to paint
you will see ornate furniture, scr
clocks, boxes, and stained-glass pi

Opel Rallye: "Uncommonly well engineered for its price."

—Car & Driver magazine

Reasons.

hen CAR AND DRIVER compared the Opel 1900 Rallye ainst five other "super coupes", they found some nice ings about the way it's put together. A 1.9 liter engine, r example, built with hydraulic valve lifters and auto-atic exhaust valve rotators. Power front disc brakes. ack and pinion steering. A link type front stabilizer. An tremely well designed suspension. "It's German," they said the Opel 1900 Rallye, "in the same way that Porsches d BMW's are German." And if you've driven small cars uch, you know exactly what that means.

What's a super coupe?

ccording to CAR AND DRIVER, a super coupe is a small car at performs very much like a sports car while, at the same ne, being more comfortable and less costly. "They are light d compact and nimble. They don't need power seats or wer steering... all they require is a *driver*." That doesn't ean our Rallye will out-perform a high-priced sports car. it it will give you a lot of great roadability for a little ice. Couldn't you use a car like that?

Their test.

their December, 1971, issue, CAR AND DRIVER tested the el Rallye against five competitive cars, both foreign and domestic. (We'd tell you which other cars they were, but it's not gentlemanly, so we'll let you find out at your Buick/Opel dealer's.) They compared all the cars for equipment, handling, performance, comfort, quietness, visibility, steering effort and economy. And they rated the Opel Rallye best overall. "Given our choice of any super coupe between the Atlantic and the Pacific," they concluded, "we'd take the Opel Rallye."

Your test.

Now that you know we've got the things CAR AND DRIVER likes to find in a small car, it's time for you to make sure we've got what you'd like to find. It might help if you start by knowing that the 1972 Opels have some of the lowest prices of any cars in the country. It might help if you know that we have the largest dealer service network of *any* imported car in the country (over 2200 Buick/Opel dealers). It would definitely help if you'd visit your nearest Buick/Opel dealer for a test drive and see for yourself how uncommon the 1972 Opels really are.

Opel 1900 Rallye

Buick's Opel.

Still a small price.
Still a big value.

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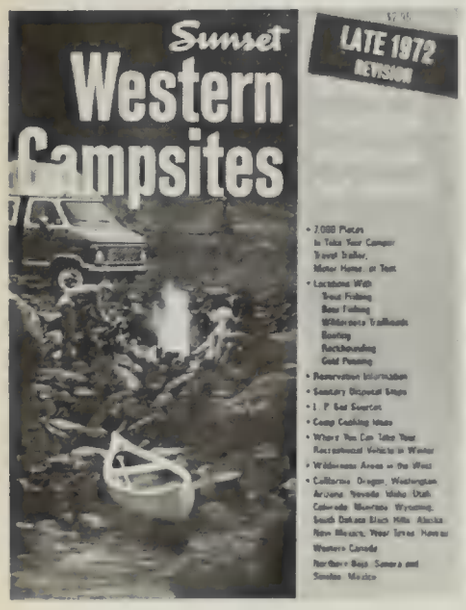
Attention Buyers of 1972 Western Campsite Directory

If you were one of the early buyers of the 1972 SUNSET *Western Campsite Directory,* we want to call your attention to our new revised edition, just off press. We will send a copy to you without charge, if you will follow the instructions below.



New edition can be distinguished by the "Late 1972 Revision" in the upper right-hand corner.

Due to an errant computer program, the early '72 edition carried incorrect details in listings for some of the campgrounds in U.S. National Forests. (Primarily "boat ramps," "firewood," and in a few cases, time limits.)

If you have purchased it, please tear off the upper half of the cover and send it with your name and address to:

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NORMAN A. PLATE

Couple walks *through dunes on Limantour Spit, Point Reyes National Seashore. Cliffs above Drakes Beach rise behind*

poppy and garden flower motif.

Point Reyes bus service

Limantour Spit and the life-rich estuary behind it are the latest areas of Point Reyes National Seashore to be opened up to wide public use by a new road.

But this doesn't mean traffic jams are inevitable on the 5-mile route.

The National Park Service and the Marin Transit System have plans to run van-type buses every half hour on weekends from seashore headquarters out to Limantour. The free service is being tried experimentally to see if visitors will take public transport rather than their own cars.

The spit is a narrow peninsula on the top or north shore of Drakes Bay, notable for wide and softly sloping beaches. Behind it is Estero de Limantour (Limantour Estuary), a tidal backwater that should be of interest to amateur naturalists. Its sheltered waters are the home of harbor seals and seabirds. Visitors must not disturb any animal; clam digging is forbidden.

There has been some development, but seashore officials say power poles and vacated houses will be removed. Previous access was on a private road. The new public roadway can be reached by following Bear Valley Road a mile and a half north from headquarters. A sign will direct you toward the spit.

For travel planners, a July check list

South Pacific guide. The 1972 *South Pacific Travel Digest* is an indispensable aid for those planning to travel in Australia, New Zealand, Fiji, Tahiti, Tonga, and other South Pacific islands. It gives many travel tips on transportation, weather, clothing, currency, and local events. For each major destination, accommodations and restaurants are rated and priced. There is also information on local sightseeing destinations and excursions. The 144-page guide costs $3.95 and can be ordered from Travel Digests, 1100 Glendon Ave., Los Angeles 90024. The same company also publishes guides to Mexico and South America.

Orient photography tour. Photography enthusiasts can join a 21-day tour leaving San Francisco on October 7 for Japan, Taiwan, the Philippines, and Hong Kong. Hosted by a professional photographer, the trip includes destinations of architectural and scenic interest as well as studio sessions. Tour fare of $1,435 includes transportation, lodging, and most meals. A 10-day extension of the tour costs $245 and includes visits to Thailand, Penang, and Singapore. For additional information, write to Interpacific Services, 681 Market St., San Francisco 94105; or see a travel agent.

Scientific expeditions. Educational Expeditions International offers a series of 21-day field expeditions in archeology, anthropology, geology, ecology, and astronomy. No specific qualifications are necessary for participants, who will engage in active field research under the supervision of a scientist heading the team. One project planned is an archeological excavation of the Upper Egyptian city of Meroë in Sudan. The expeditions cost from $1,275 for meals, accommodations, ground transportation, and field equipment and instruction. Air fare is additional. For further information, write to Educational Expeditions International, Box 1012, Tiburon, Calif. 94920.

Mount Shasta rail trip. Steam-powered rail trips on the McCloud River Railroad are offered July 8 and 22, and August 5 and 19. The train leaves McCloud, California, at 10 A.M. and 2 P.M. for a 3-hour round trip to Mount Shasta city. Fare is $5 for adults and $2.50 for children 12 and under. For reservations, write to the Northern California Railroad Club, Inc., Box 668, San Mateo, Calif. 94401.

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

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beginning page 163

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beginning page 166

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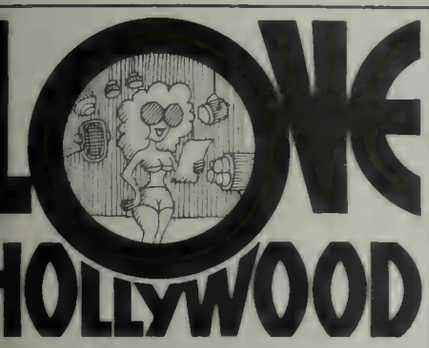

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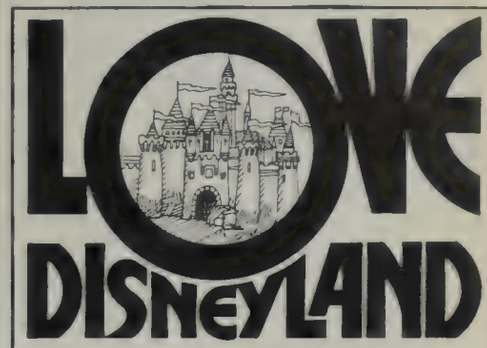

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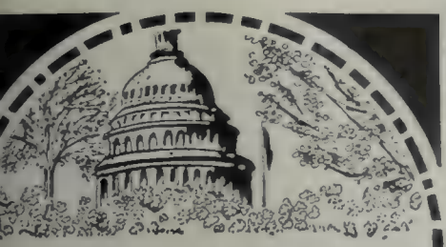

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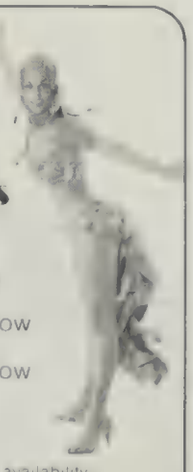

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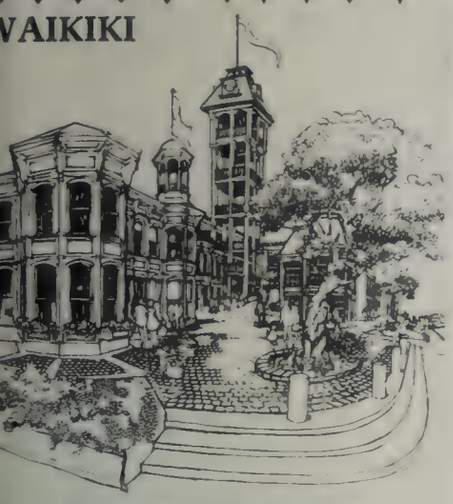

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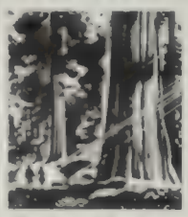

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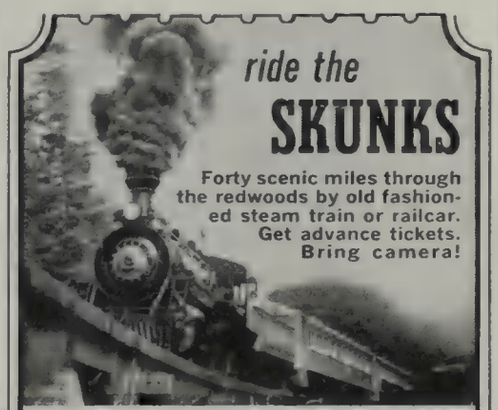

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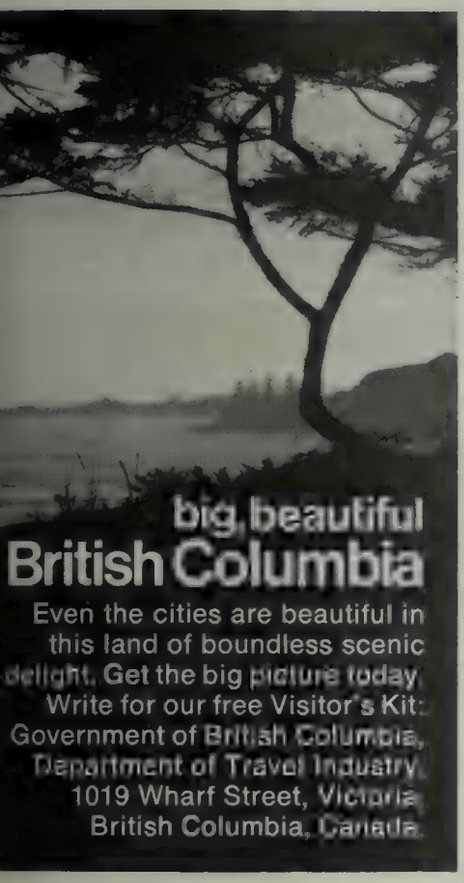

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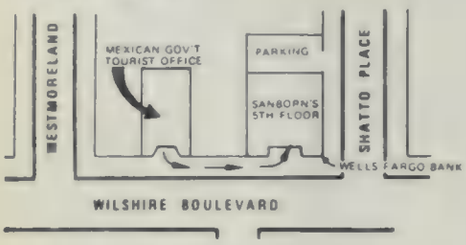

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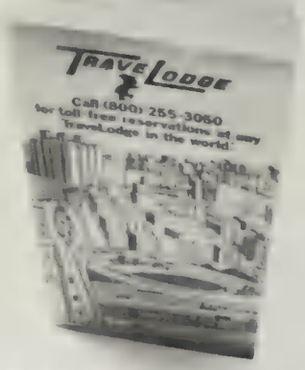

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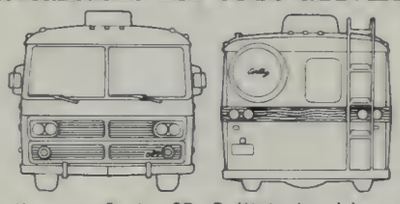

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A camper's lake northwest of Reno

Cool evenings and warm days attract summer campers to California's Frenchman Lake Recreation Area 35 miles northwest of Reno in the Plumas National Forest.

The lake, 1,469-acre Frenchman Reservoir, fans northward through sage and stands of ponderosa pine at a 5,600-foot elevation behind Frenchman Dam. To get there, you must leave State Highway 70 at the village of Chilcoot, California, about 5 miles west of its junction with U.S. 395 and drive north on Little Last Chance Creek Road. It follows a tributary of the Feather River through a winding, volcanic canyon for 7 miles to the dam.

You can troll for trout or bait-cast from the lake shore; the best spots include the mouth of Frenchman Creek on the west shore and the banks near the dam.

Water-skiing and fast boating are confined by buoys to the south end of the lake, where you can use a launch ramp for $1 or hand-carry your boat to the water without charge.

Two Forest Service campgrounds, with a total of 91 units, lie a mile east of the dam along the lakeside road; a third, with 37 units, is located 3 miles back along the road to Chilcoot. The nonreservable campsites cost $2 per day.

Cottonwood Group Campground, for groups of 4 to 50, is located a mile west of the dam. For rates and reservations write to Milford Ranger Station, Milford, Calif. 96121.

JIM MAR

Ponderosas *shelter lakeside campground*

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Remember how you talked that weekend in the woods?

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It was the country that ade it happen. Skyscraping pines ıd bustling chipmunks. A friendly n. You could hear the solitude. ıe two of you had escaped.

Today, escapes like that are whole lot harder to pull off, espe-ally in our peopled part of the ɔrld. Which is where we come in. 'e've four recreation communi-s serving Northern California at are designed for people ho want to escape from eon and concrete on casion.

They offer their embers all sorts of outdoor tivities: hiking, bicycling, fish-g, swimming, boating, golf, ten-s. The recreation facilities are , and some very nice people are aking full use of them.

But more important, they 'er their members a retreat, a quiet, peaceful, natural place where time marches to their tune and the mood is right for feeling, loving.

Lake Wildwood's in the California you read about in school, in historic Nevada County. The 300 acre lake is home for some of the fightingest rainbow trout in the state.

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itors stretch *backwards to see stained ss ceiling by Leonard French in Great ll of Melbourne's national art gallery*

Art . . . aboriginal to modern . . . in Melbourne

itors to Melbourne can find a full ge of Australian art—from aborig- to modern—at the National Gallery Victoria.

most complete displays of native art from Australia and New Guinea, but e are also samples of primitive art n all over the Pacific region. Cere- nial masks, wood carvings, pottery, woven articles are all represented. re is also an extensive rotating dis- of work by early European settlers contemporary Australian artists.

were particularly fascinated by the ection of Australian aborigine bark tings, a series of almost abstract, d-painted frames that run together on ece of smoothed bark. They are de- ed to help tell stories and tribal nds.

gallery, founded in 1861, recently ed into a new building at 180 Kilda d. The structure is the first stage of t will eventually be the Victorian Center, and its architectural details, cially in the foyer, are interesting in nselves.

gallery is open Tuesday through lay from 10 A.M. to 5 P.M. Admis- is nominal: 20 cents for adults and ents for children. □

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Dept. SUN-72

Young *playgoer in flowing Renaissance costume*

It's open-air Shakespeare season in Marin

During the past decade the Marin Shakespeare Festival has quietly grown from a small local effort into a major San Francisco Bay Area summer event, with actors and staff gathered from around the West. This summer—from July 15 through September 3—the festival celebrates its 12th season with presentations of *Twelfth Night*, *Romeo and Juliet*, and for children, a musical version of *The Wizard of Oz*.

The plays are staged in Forest Meadows Theatre, an open-air amphitheater set serenely in a 26-acre forest adjacent to the Dominican College campus in San Rafael, about 15 miles north of San Francisco. The informal, redwood stage rests in a natural hollow and thrusts toward the audience over a small reflecting pool. Banners hung through the forest mark the way in.

You can picnic near the amphitheater or just wander through the grounds before the performances; festival singers and dancers provide preshow concerts of Elizabethan music.

The July 15 opening night performance of *Romeo and Juliet* will be preceded at 5 P.M. by the annual Feast To Good Will, a festive Renaissance banquet featuring roast fowl. Minstrels will stroll among the tables, and local craftsmen will display their work. You can add to the fun by coming in Renaissance costume (or just in informal, colorful clothing). The $12 charge for the banquet includes a ticket to the play.

The two Shakespeare plays will alte Thursday through Sunday evenir 8 P.M. *The Wizard of Oz* will be s on Saturday afternoons at 2 P.M. l ning August 5, and Wednesday eve at 7:30 P.M. beginning August 9. T cost $3 for adults and $1.50 for stu and children under 12.

To reach the festival, turn off U.S. way 101 at the Central San Rafae go east to Grand Avenue, then tu for about a mile to the theater gr entrance at Grand and Mountain avenues.

Take a warm coat to guard again evening chill. For information and vations, telephone (415) 456-1490

Action begins *at twilight, as actors face audience across reflecting pool*

JOHN ARMS

Gaily-costumed *volunteer deftly slices watermelon for opening night banquet*

Banners *in oak forest provide backdrop for Feast To Good Will. Sign behind crowd plays on Puck's often-quoted words*

Visitors *inspect pottery cup at craft fair before play*

Costumed *minstrel fingers recorder*

R. WENKAM

Opera Theatre *by daylight. Tours can be arranged at business office.* **After dark:** *dramatic moment from "Salome"*

GLENN CHRISTIANSEN

Summer opera in Santa Fe

One evening in Santa Fe last July the eerie silhouette of a derelict sailing ship rose against the open desert sky that backdrops performances at The Santa Fe Opera. The heroic theme music of Wagner's *The Flying Dutchman* boomed to a crescendo and as though on cue, summer lightning flashed along the distant Jemez Mountains.

Echoing thunderstorms and clouds blowing past the moon are often part of the impromptu stage effects at the open-air Santa Fe opera. And when sudden rain squalls sweep down the broad Rio Grande Valley, opera goers in unsheltered orchestra seats retreat to protective overhangs until the often intense but usually brief showers have passed.

This year The Santa Fe Opera opens its 16th season on July 7 with Offenbach's *La Grande-Duchesse de Gerolstein*. The season continues through August 26 with repeated performances of *La Grande-Duchesse*, Puccini's *Madame Butterfly*, Mozart's *Don Giovanni*, Debussy's *Pelleas et Melisande*, *Salome* by Strauss, and the American premiere of Reimann's *Melusine*.

All performances begin promptly at 9 P.M. Most people bring topcoats, blankets, and vacuum bottles of hot coffee to fight the evening chill.

Opera prices range from $4 in the mezzanine to $11 for a center seat in the orchestra. The opening night performance (July 7) is slightly higher, from $6 to $15. Standing-room tickets ($2.50) and unsold reserved seats go on sale at the Opera Theatre box office on the evening of each performance at 8:30. For a schedule of performances and reservation request form, write to The Santa Fe Opera, Box 2408, Santa Fe, New Mexico 87501. □

The

'After sever summers suddenly The Sea Ranch is a community —A beautifu and very aliv place

Like forest mushrooms, houses ha been springing up quickly around T Sea Ranch. Next time you visit, you a bound to notice the change from a pla with a few scattered houses to w is now a community of homes. You w see, we think, that the great beauty The Sea Ranch remains untouch Thanks to good planning, homes well-spaced. Most houses, alrea weathered by the sea air, look as thou they grew from the landscape. And countryside has never been m beauti

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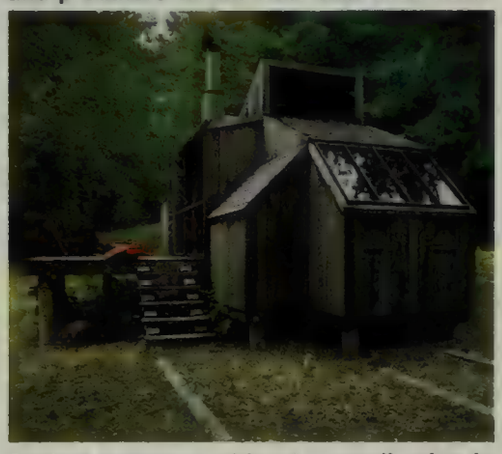
The Sea Ranch is just 105 m from San Francisco on the Son County Coast above Jen

Sea Ranch Life

e are the new cluster homes on the of The Sea Ranch Forest. These dsome cedar shingle dwellings are designed with add-on rooms in mind, so owners can later expand the basic house. Each house enjoys sweeping ocean views. See the models now.

Marine biologist studies mussels and other shellfish in tidal area at The Sea Ranch. Currently underway is a three-year project — financed by Oceanic Properties — to measure the effect of man's impact, storms and predators on the inter-tidal area here.



Perfect getaway cabin at a small price is this Sea Ranch house a talented young couple built themselves for $5,000. Natural wood exterior, typical of Sea Ranch houses, keeps upkeep down, leaves time for fun. Choice forest and meadow homesites are still available at The Sea Ranch.

Beautiful big butterfly kites (like those the Japanese make) catch the wind on The Sea Ranch meadow. Annual Kite Competition here in spring is a field day for small boys and girls, and fathers and mothers who like to lend a hand.

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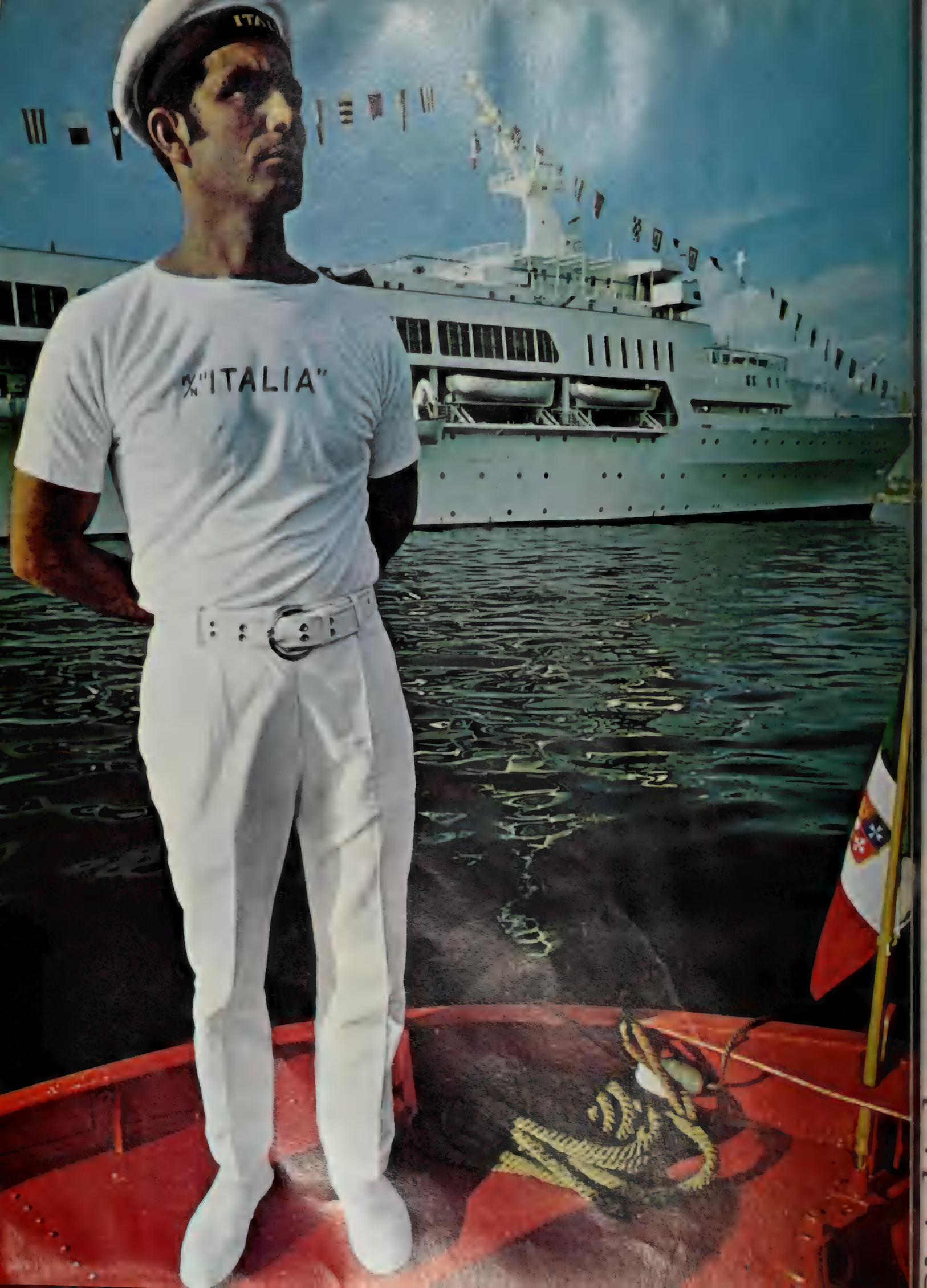
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The Pocket 60 takes the new little drop-in film cartridge. You get big, sharp 3½ x 4¼-inch color prints. Or color slides.

To show these new small slides, there are new Kodak pocket Carousel projectors. (You can also get adapters to show them on any 2 x 2 projector.) These new Pocket projectors, in stylish black with wood-grain panels, are only a little over 8 inches square. And yet they take a full 120-slide tray.

See the Pocket 60 at your photo dealer's. It's less than $128. Kodak makes your pictures count.

New Kodak pocket Instamatic 60 camera.

Kodak

Price subject to change without notice.

New road maps for Mexico drivers

Scarcity of good road maps has long plagued visitors to Mexico. But now there's a useful new series—32 maps in all—one for each of the 29 Mexican states and the two territories, and one showing the whole republic.

Although the maps are in Spanish, they are keyed so well that even those who read only English will be able to decipher them without too much problem.

On the main map of each state, population centers are indexed and keyed according to size, and road conditions are noted. Distances are given in both miles and kilometers.

Tourist information

The reverse side of each state map contains useful tourist information, as well as a map of the state's major city showing main streets. Keyed are parks, museums, monuments, gardens, and public buildings such as tourist offices, bus stations, and hospitals. Restaurants, hotels, theaters, stadiums and other amusement centers are also noted. A chart of the major cities in the state shows facilities available, with notations on attractions in the vicinity such as colonial architecture, archeological sites, fishing, crafts, hot springs, and national parks.

Maps in the series cost 12 pesos each (approximately 96 cents for one or about $31 for all 32). You can order them from Libreria Patria S.A., Ave. 5 de Mayo 43, Apdo 2055, Mexico D.F. In your order make sure to specify that you want the "blue series" of maps. The company puts out others that will not be as useful to the American traveler. You can write in English but print legibly for easy translation.

City maps included

If you are not familiar with the Mexican states and would like to order primarily for the city maps, these major cities are included (state names in parentheses):

Acapulco (Guerrero)
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Hermosillo (Sonora)
La Paz (Territory of Baja California)
Mazatlán (Sinaloa)
Mérida (Yucatán)
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Veracruz (Veracruz)

The company also distributes a map of Mexico City which costs 64 cents. □

Ride the world's fastest train back to ninth-century Japan

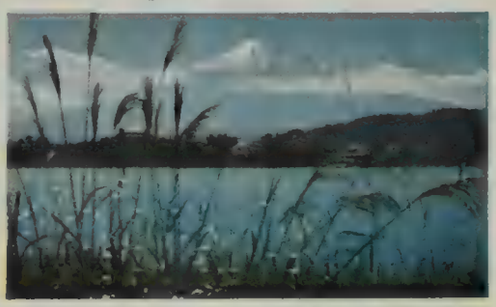
You board the luxurious Tokaido Express in Tokyo. The countryside flashes by at 125 smooth, silent miles an hour. You're on your way to Kyoto, where time has stood still in the gardens and palaces for a thousand stately years.

It's one of Japan's particular delights—the mixture of classic yesterday and a vibrant today. The wail of the *Bugaku* at a Meiji Shrine—and the beat of electric guitars in a swinging cabaret. The clatter of a wooden loom and the stutter of a motorcycle. Puzzlingly harmonious. Completely Japanese.

You discover the Inland Sea with its piney picture-islands and misty vistas—from a speeding hydrofoil. You stroll Tokyo's Ginza, past window after window of excellent watches, cameras, mini-TV's. Then, abruptly there's a folk art shop, with pottery fired in ancient kilns, and traditional toys carved by hereditary craftsmen.

Night falls, and the centuries go on stage. *Noh* drama from ancient times. *Kabuki*, the theater of the 17th century. And contemporary musicals.

There's the same fine disregard for eras in Japanese sports. Baseball draws huge crowds. So does *sumo*, where gargantuan wrestlers begin each bout by scattering salt to rout demons. (If you're a golfer, tee off on a gardenlike course, with a girl caddy to carry your clubs.) It's all waiting for you now in unique Japan...and during any season you choose to visit. Ask your travel agent about it. Or mail us a card for the new edition of "Your Guide to Japan."



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All in a Japanese day

Streaking *across hard-pack of Pismo Beach—empty on a winter weekday—sailers slow as they tilt and rear wheel digs in*

On wheels you sail faster than the wind

You go 60 in a 25-knot breeze

Two-seater *holds three in demonstration ride for regatta spectators*

Sails are appearing on the land throughout the West—wherever the breeze is reliable over flat and hard terrain.

Land sailing has been a sport in Europe for four centuries and a specialist's pastime on the dry lakes of the Southern California desert for generations. Now with the wide availability of ready-made machines, kits, and plans, it is getting to be like one-design boat sailing in cost and competition—standard design craft can race on equal terms.

The machine sails like a boat, but with differences: You need more wind to get started, but then you go faster; 70 mph is the highest speed so far clocked. You steer with your feet and the "rudder"—at the bow—is a quick-response wheel. And if a gust blows you over you don't get dunked; you are held above the ground by a seat belt, so you just unbuckle and step down.

Since land sailers can operate only on smooth flat ground, they're not used where they might disturb vegetation or otherwise scar the countryside.

A strong but lightweight (200-pound) machine designed for this sport is not cheap. The land sailers pictured here, the only ones manufactured in volume,

With no brakes, *you stop land sailer with a sharp full-circle turn. Or let out sail or head straight into wind*

cost about $530. A slightly less detailed version that you assemble from a kit costs about $400. A set of plans costs from $2.50 to $20. For a list of suppliers, write to *Sunset Magazine*, 1541 Wilshire Blvd., Los Angeles 90017, enclosing a stamped return envelope.

Where to sail and see sailers

The surge of interest in land sailing began at El Mirage Dry Lake, on the Mojave Desert between Victorville and Palmdale. You can see action there any breezy weekend.

There will be an organized regatta on the July 15 to 16 weekend at Rancho California, on U.S. Highway 395 just north of Temecula (halfway between Riverside and San Diego). You can take a demonstration ride and watch the races, when wind picks up in early afternoon.

There are no beaches specially reserved for land sailing. Find one that's broad, free of driftwood, and free of people. Good sailing is reported at Long Beach, Washington; Florence and Gearhart, Oregon; Crescent City and Pismo Beach, California (though the state park at the latter enforces a speed limit when there is a crowd); and San Quintín and San Felipe in Baja California.

The fastest sailing is on the desert dry lakes and sinks. In Nevada, try Ivanpah, Humboldt, Mesquite, Carson, Eldorado, and Winnemucca; in Utah, Bonneville and Salt Lake; in Arizona, Red and Willcox; in Southern California, Harper, Coyote, Calico, and Rabbit; and in Baja California, Laguna Salada. □

Regatta *includes slalom races—which require much tacking around course marked by flags—and straight-run contests. This is at Rancho California*

Assembly *takes about 5 minutes. You attach rear axle to frame, step 17½-foot collapsible mast in bracket, then rig sail. Machine is carried on car-top rack or on a light trailer*

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Crowds *watch dancers at ancient Puye's ceremonial plaza*

You can join the Indians in Puye

One weekend each July, the Indians of Santa Clara Pueblo return to their ancestral village of Puye to feast, to perform their ancient ceremonial dances, and to reaffirm their cultural and historical ties with the long-abandoned, mesa-top ruins overlooking northern New Mexico's broad Rio Grande Valley.

Puye is only 25 miles northwest of Santa Fe on the Santa Clara Indian Reservation, and if you're in the vicinity on the weekend of July 29 and 30, you're invited to join the festivities.

The program starts each morning about 10 and continues until sundown, with a dance group from Santa Clara performing hunting and harvest dances. You'll also see visiting dance soloists from neighboring pueblos, and sometimes "special" entertainments. Last summer, for example, the traditional dances were punctuated by the amplified guitars of an all-Indian rock group and there was also a bus load of Indian youngsters from a church organization demonstrating the Hawaiian hula and Maori dances from New Zealand.

Improvised food stalls sell spicy bowls of chile, fresh baked mud-oven breads, and, of course, hamburgers and hot dogs. There is an entry fee of $2 a car. □

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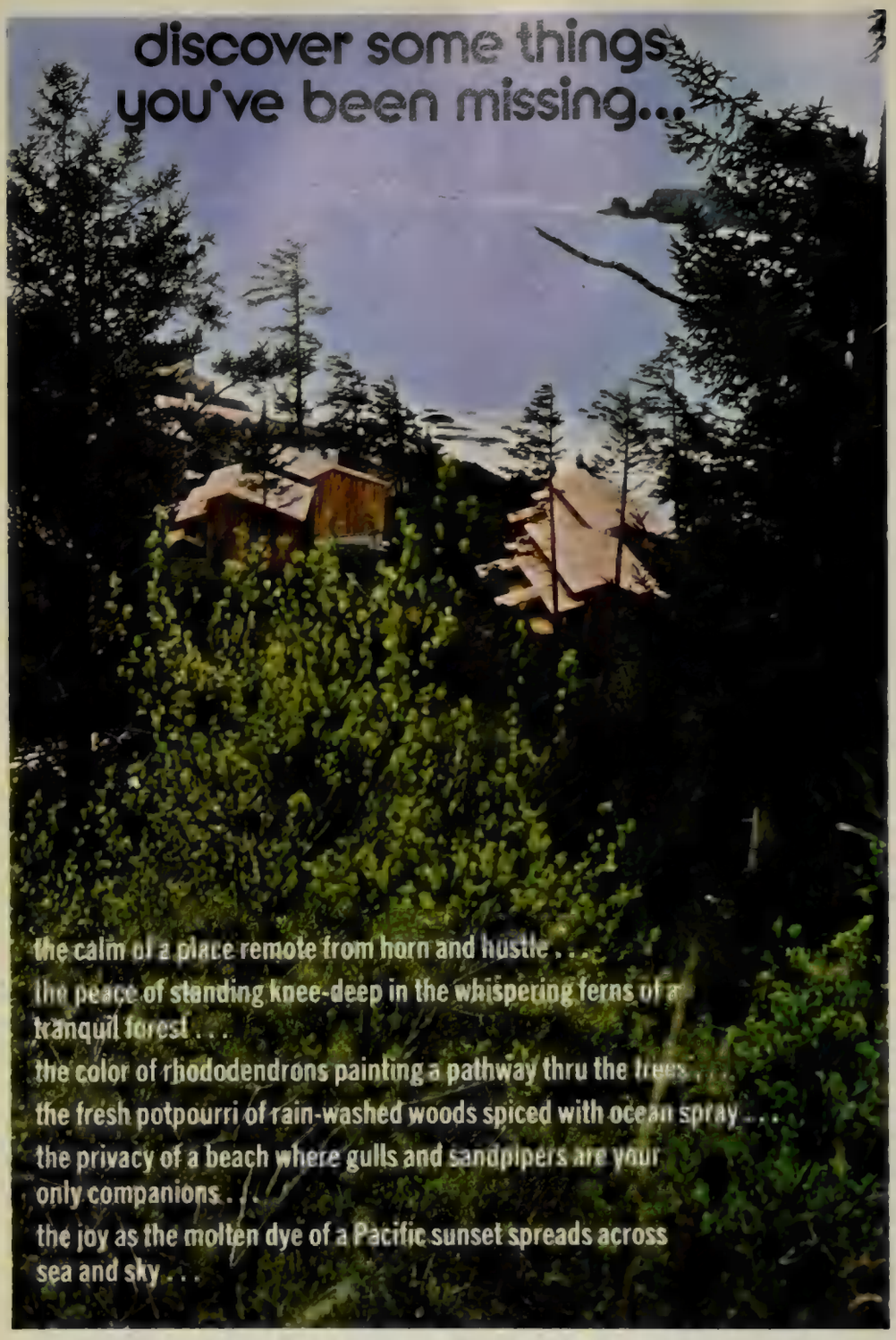
Hilton Hawaiian Village

Come visit the Hiltons



The Inn at Otter Crest is all of this . . . and civilization, too. Dramatic hotel units climb the wooded hill to catch the beauty of rugged cliffs, gently curving white sand beaches and the capricious moods of the Pacific. The imaginative and spacious units have window walls, wood-burning fireplaces, view decks and fully equipped galleys.

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Phone for reservations, 503/765-2111 or write for color brochure.

A new manual for backpackers

How to be kind to the wilderness you visit yet still have the time of your life is the theme of a new book that details today's lightweight backpacking equipment and new techniques.

Harvey Manning, author of *Backpacking: One Step at a Time* (Recreational Equipment, Inc., Seattle, 1972; $7.95), argues that woodcraft, the time-honored practice of living off the land with ax and fire, is past. No longer must trees be stripped or felled to fuel the hiker's campfire, to cook his meals, to make his bed of pine boughs.

Warm sleeping bags and lightweight tents, portable stoves, and foam rubber sleeping pads have solved these and other problems. Besides allowing more responsible wilderness travel, the new gear offers more comfortable and enjoyable hiking.

How much to pay

Unfortunately, the ever-increasing array of new equipment—much of it expensive—may confuse the novice backpacker or tax his budget. The book attacks this problem by thoroughly covering boots, clothing, cookstoves, freeze-dried and other foods, sleeping bags, tents, and other accessories.

In the chapter on boots, for example, the author discusses types of leather, tanning in terms of boot performance, boot designs. Then he explains how to select the right boot for fit and function, ordering by mail, and boot care. Many equipment chapters contain charts comparing major brands by size, weight, price, and other criteria.

The author's advice is based on more than 30 years of backpacking experience, and aims to help the reader select the kind of equipment he really needs and can afford.

How not to get lost

Other chapters cover such points as how to explore off-trail areas without getting lost or injured, hiking in winter, and strategies for making a trail trip enjoyable when you take your children.

Manning's sense of humor enlivens discussions of pack frames, chill factors, stuffbags. And the 380-page volume, currently available only in hardcover edition, contains more than a hundred photographs by Keith Gunnar, and 91 cartoons by Bob Cram. ▫

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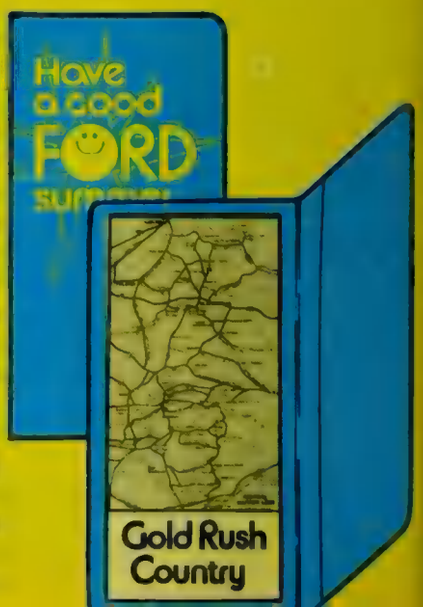

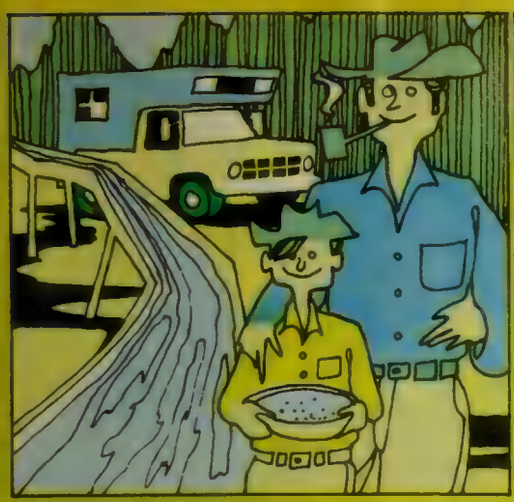

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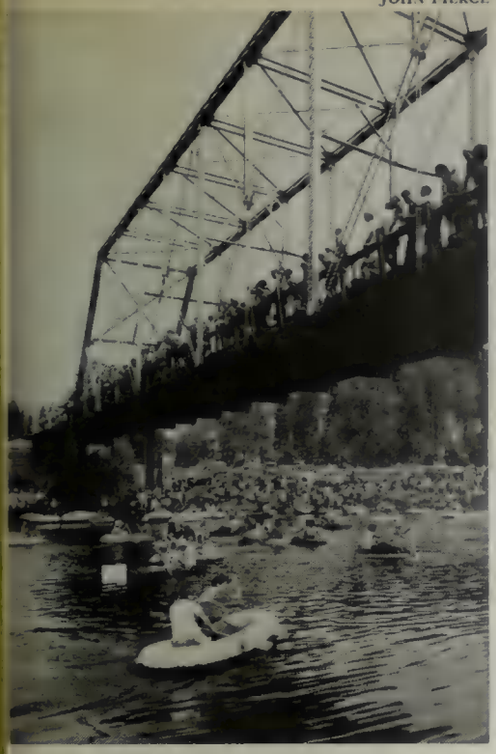


Raft racers *on the Trinity River pass under Lewiston Bridge*

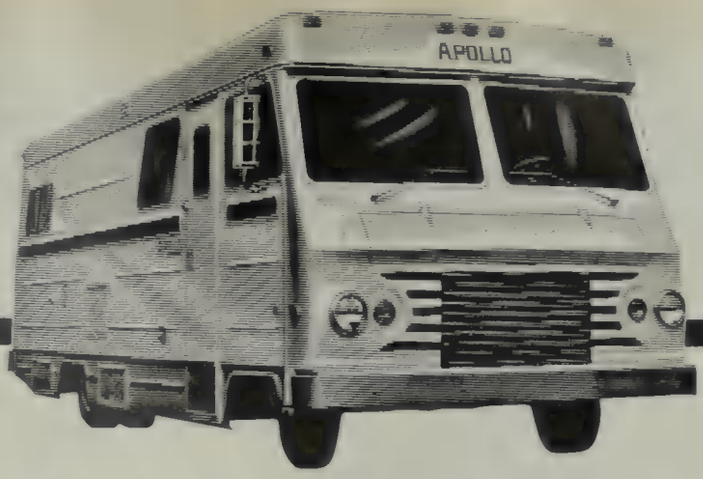
Raft racing on the Trinity

With a great thrashing of paddles and splashing of water, contestants in the eighth annual Trinity River Raft Race will be off and floating this July 29. Inflatable rafts of almost every size and description can be seen all along the river, and if you're 16 or older you can enter your own craft.

The race starts at 10 A.M. at the old bridge in the northern California community of Lewiston. It ends about 5 miles downstream. Most of the course is gently flowing river, but there are a few riffles and twisting portions that will bring out the navigator in any novice river rafter.

To enter this year's race, write to the Race Committee, Box 105, Lewiston, Calif. 96052 for an entry form before July 19. Registration fees are $2.50 per person with a minimum of two persons per raft. The race is against the clock and trophies will be awarded for fastest times in different classes and for the most unusual raft. Inflatable canoes may not be entered.

You can watch the race from the bridge or take a picnic lunch down by the riverbank. Lewiston is about 30 miles west of Redding: Take State Highway 299 west from Redding to the Lewiston Cutoff and go north 6 miles into town. The bridge is about 3 blocks left of the highway on Turnpike Road. □



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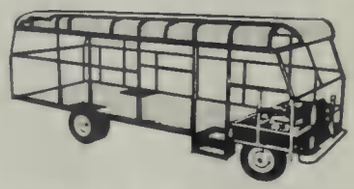

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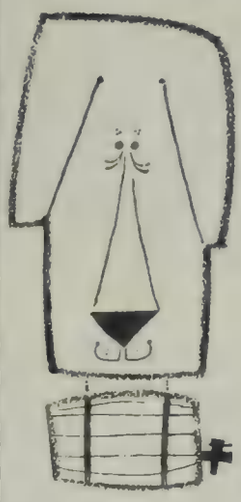

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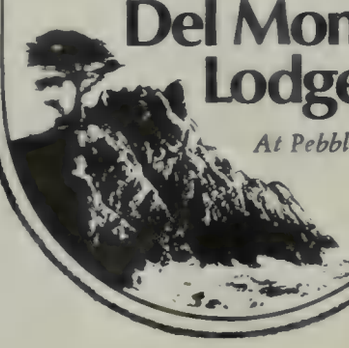
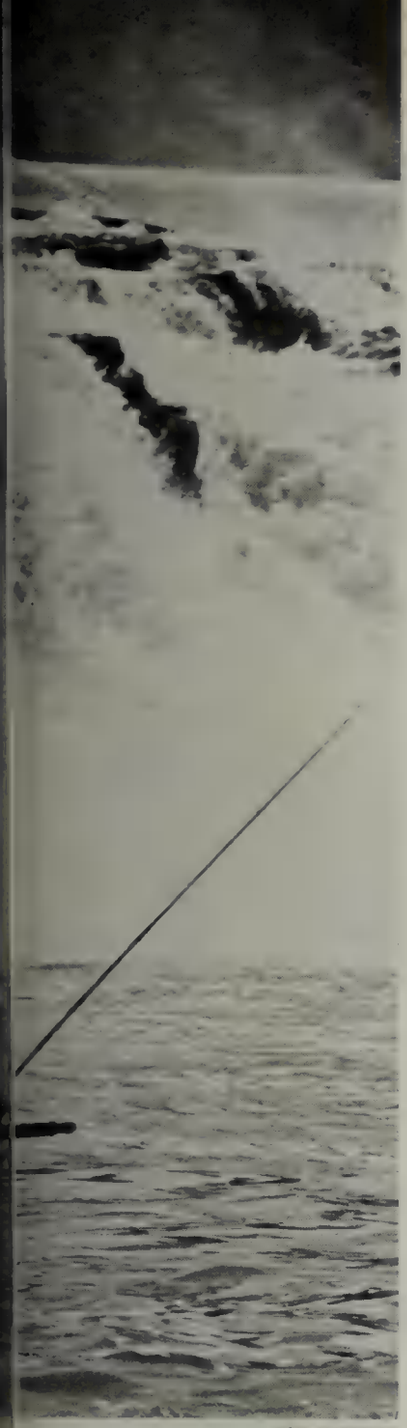


Del Monte Lodge
At Pebble Beach

Paddlers choose *quiet water route for canoe, around rocks and rapids near Island Park in Springfield*

The Willamette . . . Oregon's river parkway

You can travel by canoe, by cruiser, by sailboat, by raft, or use ferries. Locks, rapids, falls, riverbank parks



DON NORMARK

Imagine a river 255 miles long with upper reaches so unspoiled that fish are said to die of old age in the riffles and sloughs, and lower reaches deep enough and wide enough for ocean-going freighters. This is Oregon's Willamette River: a vacation discovery along its entire length for anyone who can trailer a boat or carry a canoe, kayak, or small rowboat on top of the car.

Since 1967 the Willamette has been the focus of an innovative river parkway plan that will eventually result in a chain of parks, campsites, trails, drives, and marinas along both banks of the river from south of Eugene and Springfield to northwest of Portland.

So far, the main thrust of the program has been toward the acquisition of river front. Because of the Willamette River Park Project, the state park system and various counties and cities now hold more than 65 miles of river bank. Boaters can go ashore or camp on a gravel bar or sandy beach almost anywhere along the river, except where owners have posted it private.

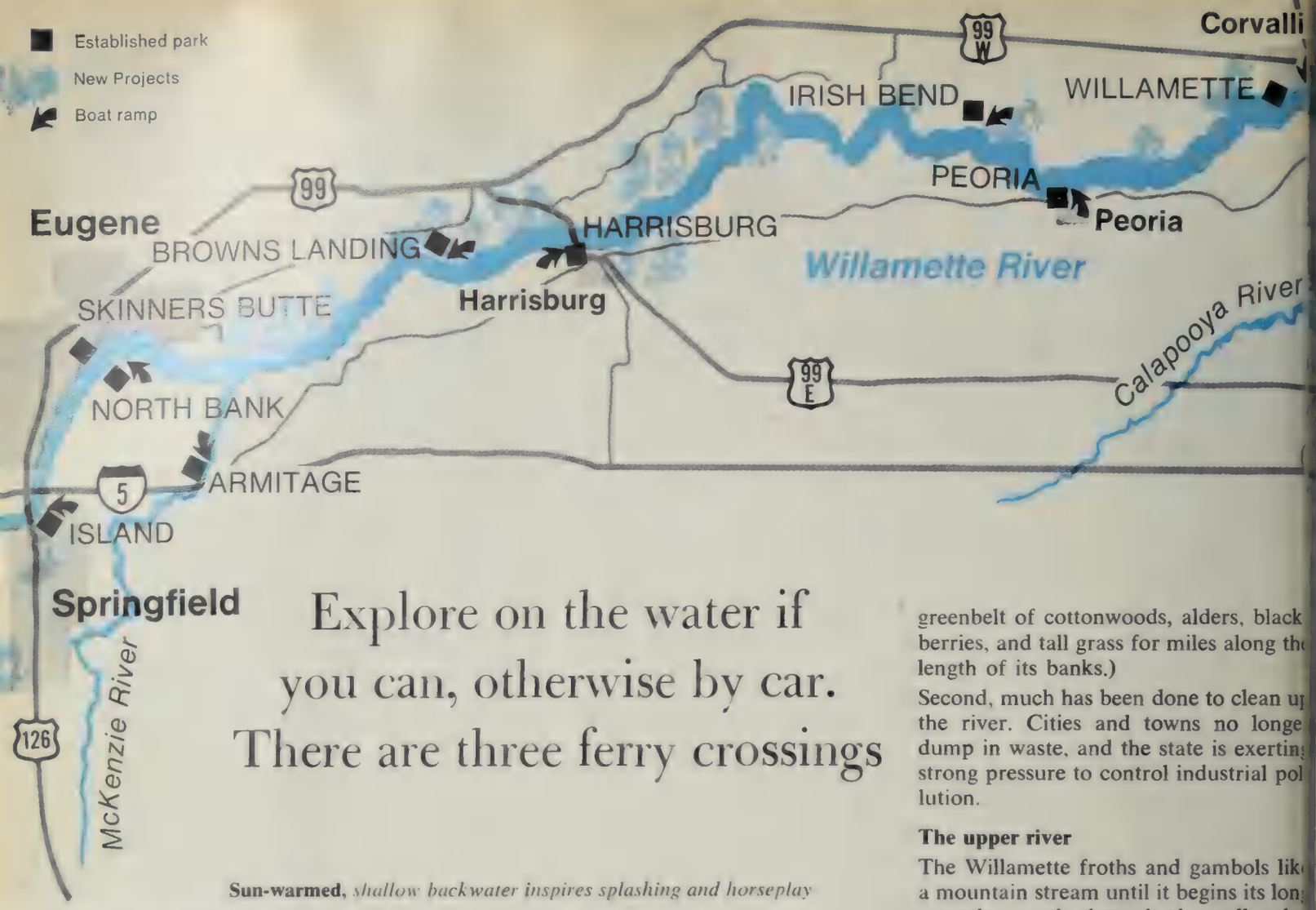
Two developments within the last 10 years helped make the Willamette River Parkway scheme feasible.

First, a series of reservoirs near its headwaters modified the river's rampages, in which flood waters rose as much as 30 feet in 24 hours. (That is the reason highways and railroads were built so far back from the river—which leaves the

Freighter *anchored near Kelly Point dwarfs cabin cruiser passing astern*

Fishermen *move in close below Willamette Falls near Oregon City, pursuing run of Chinook salmon*

River sailor *uses paddle to approach shore near Wilsonville*



Explore on the water if you can, otherwise by car. There are three ferry crossings

Sun-warmed, *shallow backwater inspires splashing and horseplay*

greenbelt of cottonwoods, alders, black berries, and tall grass for miles along the length of its banks.)

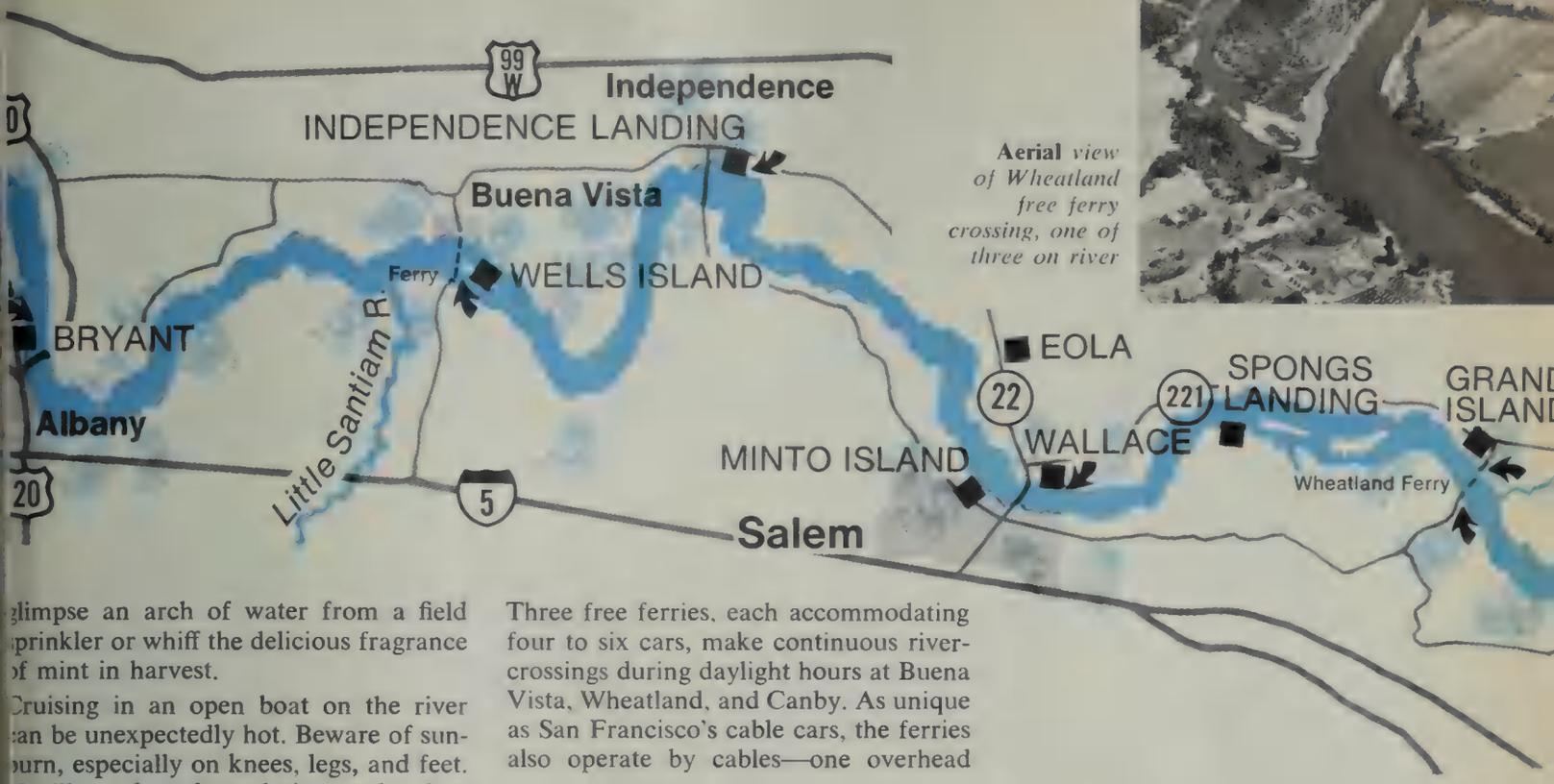
Second, much has been done to clean up the river. Cities and towns no longer dump in waste, and the state is exerting strong pressure to control industrial pollution.

The upper river

The Willamette froths and gambols like a mountain stream until it begins its long meander north through the valley beyond Eugene and Springfield. Then there are enough fast chutes and white water to keep a canoeist or kayaker alert all the way to Corvallis, but with long lazy stretches in between. Lush banks of cottonwood and willows invite campers up from the river's gravel or sand bars. Backwaters, warmed to 75° in the sun make good swimming holes.

Out of sight of roads, great blue herons stand stock still to fish the quiet reaches and wild canaries dart among wildflowers on the banks, while crayfish and giant tadpoles scuttle out of sight in the clear shallows.

Sometimes farm land revetments seem to separate the river from the fields beyond, though occasionally you ma



Aerial *view of Wheatland free ferry crossing, one of three on river*

glimpse an arch of water from a field sprinkler or whiff the delicious fragrance of mint in harvest.

Cruising in an open boat on the river can be unexpectedly hot. Beware of sunburn, especially on knees, legs, and feet. You'll need sunburn lotion and a hat. Besides food, carry drinking water.

If you're interested in travel on this part of the river, Portland State University's outdoor program director, Sam McKinney, has set up a summer canoe-touring service with experienced university students as leaders and instructors. For a brochure, write to Northwest Waters, Box 212, Portland 97207.

The lower river

From Corvallis to the Government Locks at Oregon City the river widens, gathering tributaries and dignity as it goes. The Army Corps of Engineers maintains a dredged channel 5 feet deep between the two cities. Water activity increases, as do boat launching opportunities and marinas, especially around Corvallis, Albany, Salem, and Wilsonville. You can hunt for rough agates and jasper pebbles in gravel bars exposed by summer's low water and in gravel banks piled high by the dredges.

Three free ferries, each accommodating four to six cars, make continuous river-crossings during daylight hours at Buena Vista, Wheatland, and Canby. As unique as San Francisco's cable cars, the ferries also operate by cables—one overhead

DON NORMARK

Canoe, *rowboat beached on Harrisburg ramp near town's small park. Other canoes wait to land*

Walkers *in Skinners Butte Park in Eugene follow wooded, natural trail along river*

and one in the water. Small boats should wait for a signal from the ferryman before crossing the path of one.

The narrow canal and five-chambered Government Locks around Willamette Falls hug the west bank of the river behind the paper mill. Few changes have been made in the locks since they were completed in 1873. Passage through them is free; they operate seven days a week from 8 A.M. to midnight.

Once a boat enters, it takes about 45 minutes to pass through all five locks.

Floats at either end are convenient for small boats to tie to while waiting for the signal to enter. Pleasure boaters going up or down the river who don't want to be detained by slow-moving gravel barges or log tows can telephone the lockmaster in Portland—(503) 656-3381—for the best time to go through.

The urban river

Below the locks, the Willamette becomes a broad canal, most of its shoreline straightened and seawalled. Several marinas operate along this stretch of urban river, and small sailboats can tack across its widest reaches. Two restaurants along the river in Portland have floats where boats can tie. Both have outdoor dining. The Anchorage stands on the east bank south of the Sellwood Bridge; you can buy marine gas and oil here. The River Queen is a permanently moored ferry north of the Broadway Bridge.

It's exhilarating to be part of the downtown traffic of the river. On weekdays tugs are pushing barges or towing log booms, and freighters move slowly to moor alongside towering grain elevators.

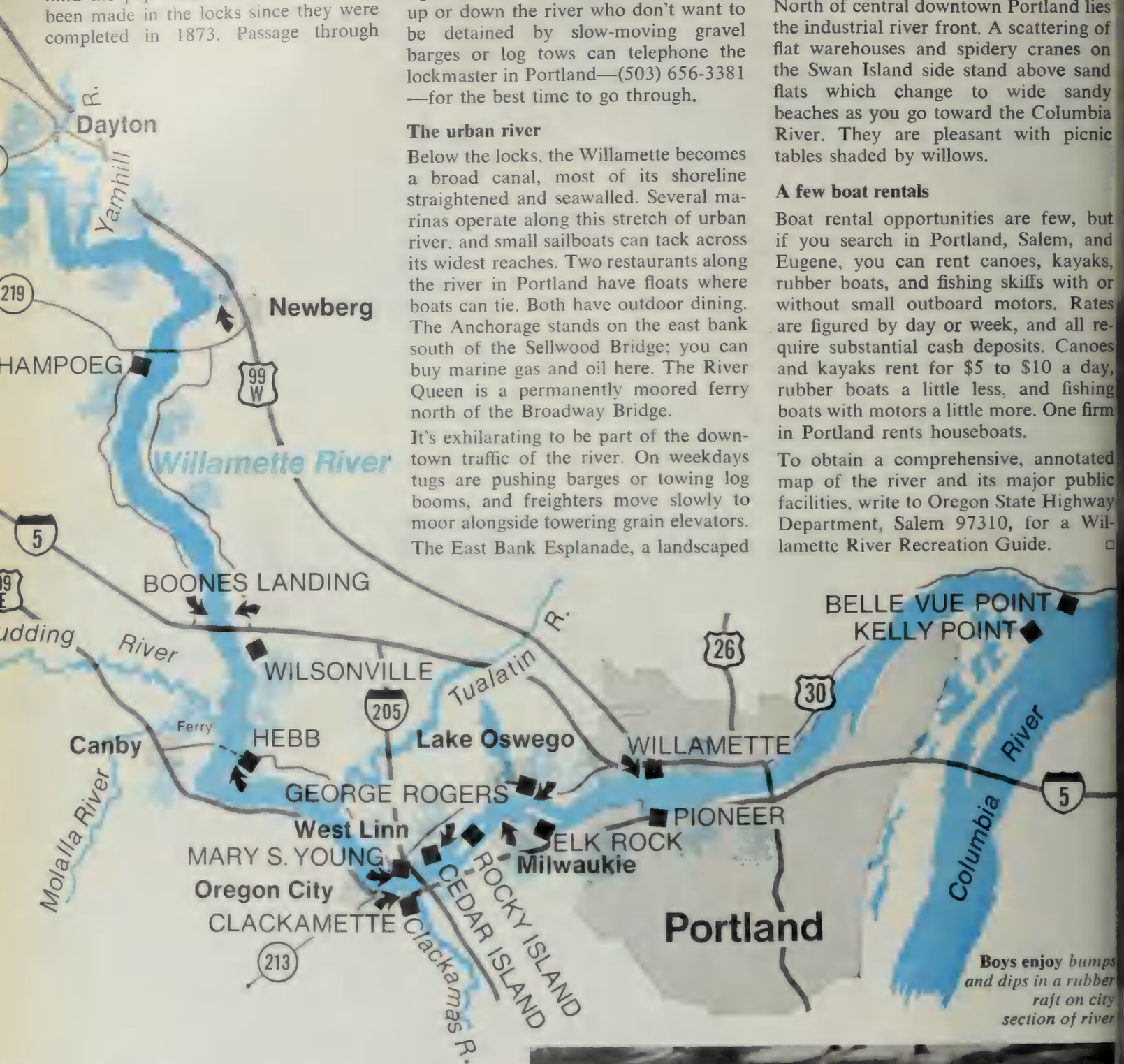
The East Bank Esplanade, a landscaped strip of city park separating the river and the freeway, offers a quarter-mile walk and an excellent view of the river and the city beyond. To reach it, walk up the ramp that begins between S.E. Belmont and S.E. Water streets at the east end of the Morrison Bridge.

North of central downtown Portland lies the industrial river front. A scattering of flat warehouses and spidery cranes on the Swan Island side stand above sand flats which change to wide sandy beaches as you go toward the Columbia River. They are pleasant with picnic tables shaded by willows.

A few boat rentals

Boat rental opportunities are few, but if you search in Portland, Salem, and Eugene, you can rent canoes, kayaks, rubber boats, and fishing skiffs with or without small outboard motors. Rates are figured by day or week, and all require substantial cash deposits. Canoes and kayaks rent for $5 to $10 a day, rubber boats a little less, and fishing boats with motors a little more. One firm in Portland rents houseboats.

To obtain a comprehensive, annotated map of the river and its major public facilities, write to Oregon State Highway Department, Salem 97310, for a Willamette River Recreation Guide. □



Boys enjoy *bumps and dips in a rubber raft on city section of river*

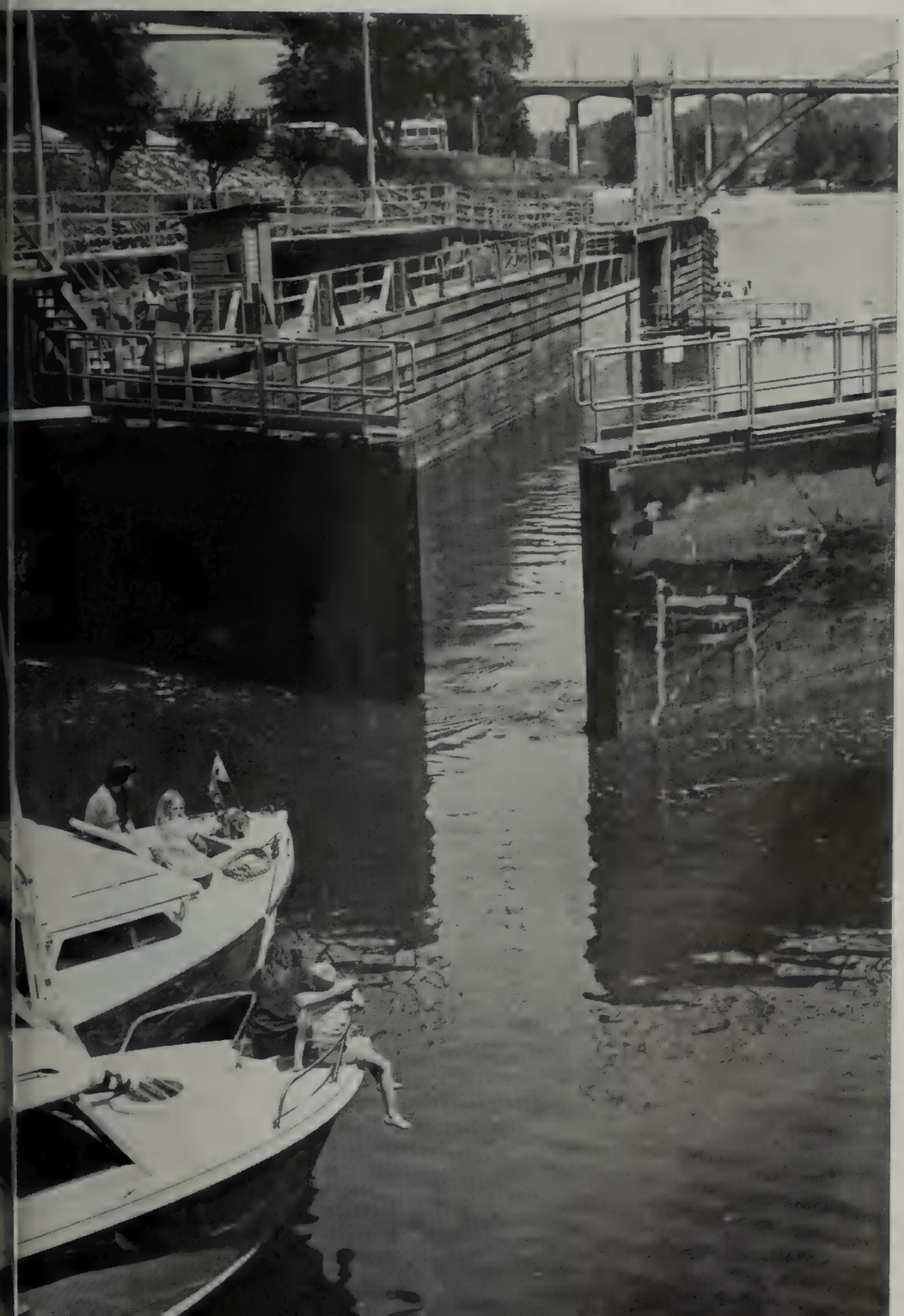
River traffic is part of the fun, so are Oregon City's locks. Downstream takes you to Portland

DON NORMARK

Speed boat *close to shore of downtown Portland moves fast enough to stir up a cooling breeze for passengers*

View of cityscape *from East Bank Esplanade, new river front park between Burnside and Hawthorne bridges*

Lock gates—*one of five sets in Oregon City locks—open for cruisers*



Tugs pass *in busy river. Those with tall superstructures (to see over load) push instead of pull*

NORMAN A. BLAT

Grassy upper *terrace of this Salt Lake City garden is separated from lower level by boulder-covered bank*

The soil, the big boulders, even the quaking aspens, all were scrounged

Quaking aspens *planted in clusters give yard a natural forest look. Grassy path at left leads to upper terrace*

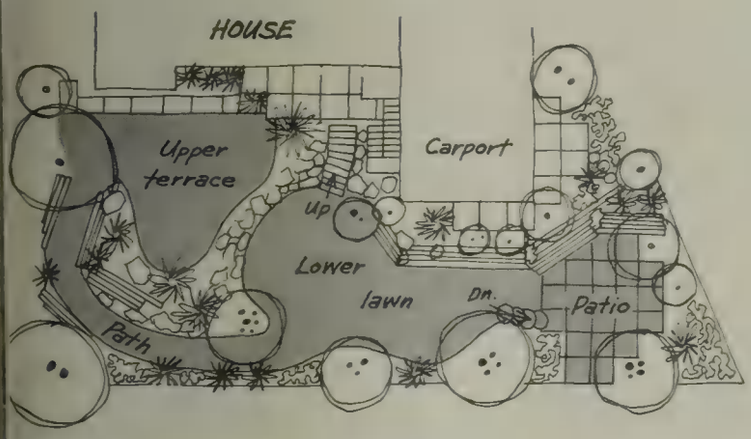
Seven years ago this back yard in Salt Lake City was a bare slope running down to a fence. It wasn't much of a view for the owners, Mr. and Mrs. Lloyd M. Grames, who since have spent mountains of time and energy to create the wooded enclave shown in these pictures. And they did it with remarkably little money.

Mr. Grames drew up plans while his wife ferreted out cheap materials like earth fill, rocks, plants, and lumber.

The soil for the terraces came from a basement excavation across the street. Workmen were glad to get rid of it so easily. Boulders came from a road being cut through nearby mountains. Mrs. Grames persuaded a truck driver to haul in 10 loads of rocks for $70, just a little more than it would have cost for one commercial load. With the help of a rented tractor, Mr. Grames moved the soil and rocks to form terraces and a pathway. Old railroad ties became steps and old telephone poles were used for retainer walls. Together they cost $40.

Quaking aspens, the major trees in the garden, were saved from a resort owner's ax on a new ski slope. Mr. Grames climbed a mountain one March to get them for free. He had to dig down through 4 feet of snow to find the roots, which were in frozen soil. He managed to dig out 35 trees, all about 6 feet tall and all with crooked trunks, giving them a grown-in-nature look. Because he moved them while they were dormant, transplanting killed only two trees.

Other plants in the garden were purchased mostly in 2-gallon cans. During the intervening years the trees and shrubs filled out to give this garden a forest-like appearance. □



Boulders *line steps made of railroad ties; big plants with glossy leaves are bergenias, also widely called saxifrages*

Patio *in lowest corner of yard is made of concrete-aggregate squares, gets partial shade in afternoon from aspens and pines*

TOM TRAC

Like a quilt in shades of green, sugar cane and natural growth (the darker patches in gullies impractical to cultivate) cover rolling hills in front of West Maui Mountains. Avoid narrow roads that crisscross fields; trucks run them at high speed

Cane, pineapple, coffee, macadamias, papaya

Tropical agriculture-in-action is a Hawaii surprise

The grand land expanse devoted to agriculture surprises visitors to Hawaii.

On the four largest islands the coastal plains and foothills ripple with sugar cane. On five islands, neat rows of pineapple carpet hills and plateaus. The Big Island of Hawaii has no pineapple but it grows all the coffee and the most sugar, papayas, and macadamia nuts. On most islands you come upon geometric patches of taro and unruly groves of bananas.

The fields and orchards are scenic and on drives through them you can often observe some of the growing and harvesting operations. A few industries offer tours of their processing plants.

The photographs here are from *Sunset's* just published *Beautiful Hawaii* (see box on the last page of this article).

Sugar

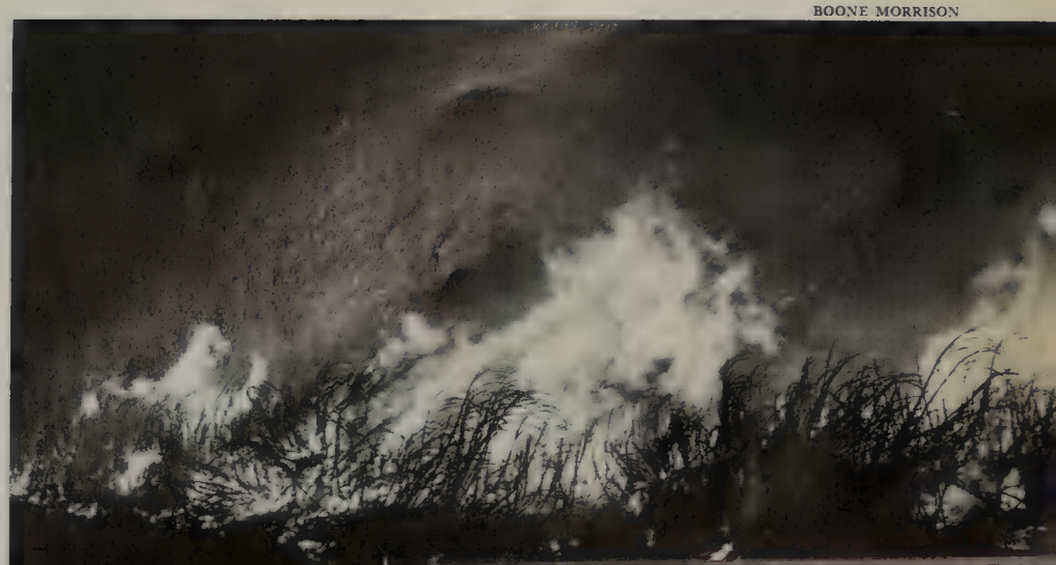
Hawaii produces more sugar than any other state and the yield per acre from its highly-mechanized plantations is the greatest in the world. The competition between producers who supply the United States with sugar is so intense that a few Island growers have quit. But sugar is still Hawaii's biggest farm industry. Machines plant short stalks (seed cane), which grow 18 to 24 months for maximum juice content, then are processed at the mills into the raw sugar that is shipped to the Mainland.

You can see fields of cane along Hawaii's Hilo, Hamakua, North Kohala, and Ka'u coasts; in Maui's central and western lowlands; in Kauai's southern regions (the industry began at Koloa in 1835); and on Oahu's Waialua, Waipahu, and Ewa plains.

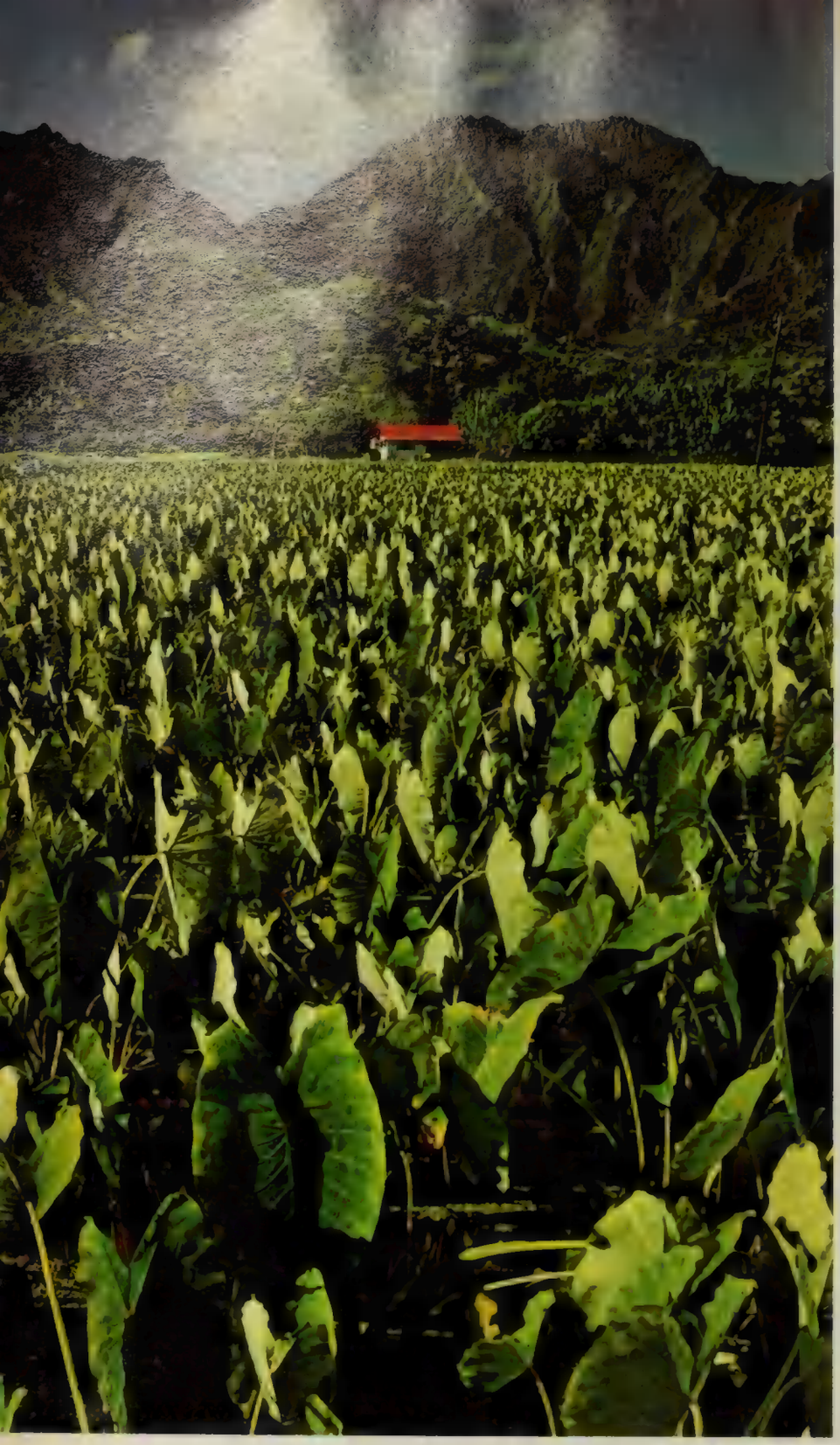
Pineapples

Lanai, called the Pineapple Island, has the world's largest pineapple plantation —15,600 acres. On the island of Molokai, look for spreads at Maunaloa, Kualapuu, and Hoolehua; on Maui, at Haliimaile and Honolua; on Oahu, around Wahiawa; and on Kauai, Wailua

BOONE MORRISON



Cane harvest. *Fire to get rid of dead leaves is set when wind is light, is short-lived. Current research will judge effect of this old practice on air quality*



DAVID MUENCH

Taro, *in flooded patches, spreads over Hanalei Valley. Kauai grows the most taro, much of it right here*

DAVID CORNWELL

At Kona *coffee beans sun-dry under rollaway roof. Worker turns them. Most beans now dried mechanically*

Homesteads and the area from Kapaa to Anahola.

The fruit grows on a stalk surrounded by long, stiff leaves and takes 18 to 22 months to ripen: plants produce a second crop. Most pineapples go into cans, but fresh ones are sold at markets all over the Islands. You can buy them right off the plantation—sweeter than any you've ever tasted in the Mainland—and freshly squeezed juice at Dole Pineapple Grand, 64-1550 Kamehameha Highway (State Route 82), in the midst of Oahu's Wahiawa fields.

From February into September, Dole Company gives guided tours of its cannery at 650 Iwiki Rd., Honolulu. They're conducted weekdays, usually from 9 A.M. to 3 P.M.: cost is $1 for adults, 50 cents for teen-agers; it's free for chaperoned children under 13.

Papayas

With air shipping, started just a decade ago, growers have been able to put fresh papayas on Mainland grocery shelves in top condition. The market is expanding. Papayas on the Mainland cost 39 cents (at peak of season in summer) to 69 cents apiece; in Hawaii they cost a little more than half that.

Papayas grow on slender, umbrella-shaped trees about 10 feet tall. Most are on once-useless lava in Puna on the Big Island. A little of the crop comes from central Maui and its Hana district; windward Oahu; and Anahola and Moloaa on Kauai. To arrange to visit a family farm, write to Dr. Jack Ishida, Agricul-

ural Economics Department, University of Hawaii, 2525 Varney Circle, Honolulu 96822; or telephone 944-8864.

Coffee

Coffee farms on the Kona Coast on Hawaii are family operations now declining in number (about 800 farmers left, many part time) for want of harvesters. No longer are school vacations scheduled for fall so children can help pick.

Dark green, glossy-leafed coffee trees thrive on Kona's rich volcanic slopes, from 800 to 2,000 feet, where rainfall is just right and shade comes from a dependable afternoon cloud cover.

You can watch coffee processing in fall and winter (and first steps in processing macadamia nuts) weekdays from 8 A.M. to 4 P.M. at Sunset Coffee Cooperative Mill, on the road from Captain Cook to Napoopoo. You'll find an adjacent small roasting plant (most is done in Honolulu) where you can also taste and buy Kona coffee and macadamia nuts; it's open daily.

Macadamia nuts

The macadamia industry is a relative newcomer, growing fast now that more trees are bearing. It takes six to eight years for trees to come into production. The nuts just fall off.

Large orchards are located on Hawaii at Keaau and Honokaa and in North Kohala, Honomalino, and Ka'u. You drive through the biggest spread (11,032 acres of mature trees) on the way to the Royal Hawaiian Macadamia Nut Company plant at Keaau. Here weekdays from 8 A.M. to 3 P.M. you can see a narrated slide show, buy nut products, and (except for April to mid-July when nut supply is too low) watch nuts being husked, dried, cracked (in soundproof room), graded, roasted, and vacuum-packed.

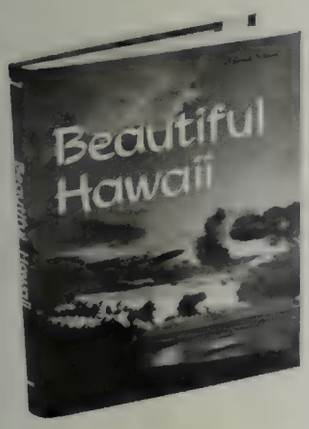
Visitors are conducted through Hawaiian Holiday's plant at Honokaa weekdays from 8:30 to 10:30 A.M. and noon to 2:30 P.M. You can drive through one grove that supplies it, that of Honomalino Agricultural Company in South Kona; stop first at the office.

Bananas

Hawaii exports no bananas, but markets carry popular Island varieties—Bluefield, Apple, and Chinese. Oahu still grows more than half the commercial crop; its most picturesque groves lie at the base of the fluted Koolau palisade. Stop at the farm of Shigeharu Shiroma. (From Wilson Tunnel's windward exit, drive the big bend, pass a mango grove, then take the bumpy road to your right.) If he's in, he'll show you his place.

Taro

The first Hawaiians brought taro in, and it still grows on some flooded valley floors. The notable spreads are scenic landmarks—Hanalei Valley, Kauai; Keanae and Wailua, Maui; Waipio Valley, Hawaii; Waiahole Valley and Waipahu's flood basin, Oahu. Taro roots are always in demand for cooking, peeling, and pounding into *poi*. Its leaves are cooked for spinachlike greens. □



A new pictorial

Sunset's newest pictorial book, Beautiful Hawaii, shows more tropical farming, plus beaches, volcanoes, jungle, scenic marvels, historic places. Of its 224 pages 48 are in color. An advance price of $8.95 applies until December 31; regular price is $9.95. A deluxe edition, slip-cased and library bound, is $12.50.

CAMERA HAWAII

Young *coffee pickers go after ripe red berries, or "cherries"*

Pineapple planting. *Worker pokes crowns through holes in plastic mulch strips laid by machine that also injects fumigant, fertilizer*

Look what room stretching, shingles, and a grand roof window will do

BON NORMARK

Before and after *photographs (above and left) show where new living room was added to house built about 1938*

Almost *like Gothic architecture, new living room's dramatic height sweeps the eye up and out through tall skylight. Glass wall is out of view at left*

DON NORMARK

Entry walk *of 2 by 4's leads through screen of 1 by 4's set at 6-inch intervals (left). From glass wall in living room (right) you see garden through cedar 2 by 10's spaced a foot apart*

By comparing the small picture above with the large one at left, you can see how the Fred E. Rosebraugh family of Portland remodeled their house built during the 1930's. They projected the living room out toward the street and turned the original living room into a hall and dining gallery.

The new wing thus created, which is 24 feet long and 15 feet wide, extends the original gabled roof line. Its blank shingled wall faces the street; windows were omitted for privacy and to create interior wall space.

A bold 4 by 6-foot skylight was punched through the new roof to balance the light in the living room with that from the glass wall opposite. Light floods in through the skylight, even on dull or rainy days.

The vertical feeling established by the 20-foot height of the new living room is echoed elsewhere in the room by the narrow tongue-and-groove cedar wall panels and by the wide louvers of the glass wall. Outside, this feeling is repeated by the vertical members of the new entrance screen.

A two-car garage, joined to the house by an enclosed breezeway, was also added during the remodeling. The breezeway is especially useful in wet Northwest winters. The one in this house also helps enclose the entrance garden. □

Just pour the fruit purée and be patient. Soon...fruit leathers

It's a cloudless morning with sunny weather promising to hold for several more days. You have a good supply of ripe fruit or perhaps some succulent but imperfect leftovers from canning or making preserves. It's an ideal opportunity to make fruit leathers.

This age-old process couldn't be simpler. The lightly sweetened purées of fruits and berries, spread in thin layers and left in the sun, dry into translucent sheets of fruit that are chewy and good.

Rolled sheets of these dried fruits, similar to our homemade ones shown below, have been sold in some specialty food markets in the West for several years and are now quite widely available. Here's how you can make your own fruit leathers. You can do it in volume as shown at right or on a smaller scale.

Setting up

You need only a smooth level surface such as a table, a place to put it in full sun, and a roll of clear plastic film. Tear off strips of the film, stretch it across the drying surface, and fasten with cellophane tape. To keep the fruit clean while drying, stretch a sheet of cheese cloth over it; you can secure it to two 2 by 4-inch boards on either side, taking care to keep it from touching the purée.

Preparing fruit

Wash fruit and prepare each as directed below; it should be fully ripe. Cut away any blemishes, then measure (up to 5 pints for any one batch). Add sugar and heat as directed for each fruit. Remove from heat and whirl (part at a time, if necessary) in a blender or put through a food mill or wire strainer; cool to lukewarm. Pour purée onto prepared surface and spread to ¼ inch thick (a full 5-pint batch covers a 30-inch-long strip of 12-inch-wide plastic film).

Apricots. Remove pits and measure halves; use 1½ tablespoons sugar for each cup fruit (1 cup sugar for 5 pints). Crush while heating to just below boiling, about 180°.

Berries. Remove stems; measure whole berries; use 1 tablespoon sugar for each cup strawberries (½ cup sugar for 5 pints), 1½ tablespoons sugar for each cup raspberries (1 cup for 5 pints), or 2½ tablespoons sugar for each cup blackberries (1½ cups sugar for 5 pints). Bring strawberries just to full rolling boil. Boil other berries, stirring, until liquid appears syrupy; then put through a food mill or wire strainer to remove some of the seeds; spread these berries about 3/16 inch thick.

Peaches and nectarines. Choose yellow freestone peaches such as Rio Oso, Redhaven, Elberta; peel and slice to measure (do not peel nectarines). Use 1½ tablespoons sugar for each cup fruit (1 cup sugar for 5 pints). Crush while heating to just below boiling, about 180°. (If liquid is thin, boil until it appears syrupy.)

Plums. Choose varieties with firm flesh such as Santa Rosa, Mariposa, Nubiana; slice and measure. Use 2½ tablespoons sugar for each cup Santa Rosa (1½ cups sugar for 5 pints), about 1½ tablespoons sugar for each cup other plums (1 cup sugar for 5 pints). Crush while heating to just below boiling, about 180°. (If liquid is thin, boil until it appears syrupy.)

The drying

It may take 20 to 24 hours to dry, depending on the fruit and the sun's heat. By the end of the first day it should be dry enough so you can loosen tape, slip a baking sheet underneath, and carry it inside; return to sun the next morning. When firm to touch, try peeling the fruit sheet off the plastic. It is sufficiently dry when the whole sheet can be pulled off the plastic with no purée adhering. (Don't leave in sun longer than needed.) In humid climates, you may need to finish the drying indoors. Set the sheets of fruit on pans in a 140° to 150° oven and leave oven door slightly open.

For storing, roll up sheets of fruit leather, still on plastic film, then cover that with more plastic and seal tightly. Color and flavor keep well about one month at room temperature, four months in refrigerator, or one year if frozen.

DARROW M. WATT

Pour *fresh fruit purée on plastic film to dry in sun. The long sheet of dried fruit leather can be rolled up, stored. Smaller ones go in lunch bags, backpacks*

GLENN CHRISTIANSEN

Boy *tears off piece of translucent fruit leather rolled up with plastic film. It's chewy, wholesome, sweet*

Wraparound *garments pictured here are (in back, left to right): Tahitian pareu, worn two ways, and Indonesian kain and sarong. In front, left to right: pakoma and pasin from Thailand, and serrated-edged sulu, uniform of Fiji's military and police forces*

GLENN CHRISTIANSEN

Then *pull tube to one side so other side fits snugly (at left). Then, holding front in place with left hand (bottom) fold excess across front*

Pull *tight at corners, tuck corners in and you have a skirt*

Burmese *girl shows Western friend how to wrap a longyi. Just step into the fabric tube*

Pacific wraparounds

For both guys and dolls, colorful, comfortable, and easy to make. Sarongs, lavalavas, sulus, longyis

ll across the Pacific, from Tahiti, Fiji and Samoa to South-ast Asia, local people dress in cotton or silk wraparound gar-ents that are no more than rectangles or tubes of fabric.

/raparounds of various styles have long been traditional ress in the Pacific. (Gauguin's Tahitian models wore one ersion—the pareu.) And today more and more Western sitors to the South Pacific and Asia are bringing wrap-ounds home to wear—as dresses, skirts, or bathing suit overups. You can easily make your own.

/hat Tahitians call a *pareu,* Samoans a *lavalava,* Fijians a *lu,* Indonesians a *kain* (pronounced kine), or Thais a *pa-oma* is basically a rectangle of cloth that's wrapped around e body and tied in various ways. Native men and women ike wear them, except for the kain (a length of cloth, usually tik, worn by Indonesian women) and the pakoma (which me Thai men wear as a skirtlike coverup).

st as simple are the fabric tubes, basically lengths of cloth ned at the short ends by a seam and worn as long skirts. amples are the Burmese *longyi* (pronounced loonjee), the ai *pasin,* and the Indonesian *sarong.*

The longyi is the traditional and still most popular garment for men and women in Burma. Men knot the longyi in front, at the waist, and women secure it at the side.

Some Thai women still wear pasins, which they wrap like longyis and secure with a gold or silver belt. The sarong, worn by many Indonesian men, is wrapped around and held in place by rolling the top outward several times.

To make a rectangle or tube, all you need is some fabric and a few minutes to stitch a seam or hem.

Thai cottons, Indonesian batik, and occasionally Tahitian pareu cloth are available in specialty import shops. But you can use almost any lightweight fabric.

How to make them

Pareu or lavalava: Purchase two yards of fabric, 35 inches wide. (Or you can cut it to 35½ inches and hem it ½ inch along cut edge.) Turn shorter ends under ¼ inch and press. Turn under another ¼ inch; press. Stitch hems.

Although 71 inches by 35 inches is standard pareu size, you may need to add a few inches to the length to have it fit

comfortably. Purchase fabric that is long enough to go around your body twice.

Kain: The standard kain is about 2½ yards long and 41 inches wide. But you can make it any length, as long as you can wrap it around yourself to fit comfortably with about 12 inches overlap in front. (The kain is usually secured with a belt instead of a knot.) Kain fabric should be wide enough to fall from your waist to well below your ankle. If necessary, add a strip of contrasting colored fabric to the top of the kain. Hem the short ends as for the pareu.

Pakoma: The pakoma is much like the kain, but is held at the waist with a knot (see photographs at right). Purchase a piece of fabric about 2¼ yards long and 38 to 45 inches wide. Hem unfinished ends.

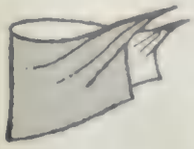
Longyi, pasin, or sarong: These three styles have a similar construction. The tube should be long enough so that it falls from your waist to below your ankles, and twice your body width. Fold fabric in half, widthwise, wrong sides together. Stitch side seam, ¼ inch from edge. Turn tube wrong side out and stitch seamed side again, ½ inch from edge. (This makes a more finished seam.) Add a strip of contrasting fabric to the top if the tube isn't long enough.

For a tighter fitting women's longyi (as in photographs on previous page), add darts at the hips and in back. Try on the longyi and fold it across in front as you will be wearing it. Pin fold in place. With pins, mark where you want darts. A commercial skirt pattern can help you place them. □

Use quick twist *to hold a pareu (or a pakoma) in place. Pass fabric around back at waist so that left corner reaches across front of body. Hold left corner and small handful of right side out in front. Twist shorter corner over the top and around small handful of long part, pulling fabric tight. Twist again. Tuck in corners behind twist*

DARROW M. WATT

As a dress: *Hold pareu in front of you. Place top left corner on left shoulder. Wrap under right arm, across back, under left arm, across middle, under right arm. Knot corners on back right shoulder*



As a skirt: *Tahitian demonstrates how to wear pareu. Hold cloth around you, ends out to your left side. Gather along upper front edge with right hand. Tie front and back corners in square knot*

As a coverup: *With pareu around back and under both arms, hold corners out in front. Wrap top left corner over right shoulder, top right corner over left shoulder. Knot corners behind neck*

From Tahiti . . .

GLENN CHRISTIANSEN

At this California *poolside party, men and women wear colorful coverups of traditional Pacific and contemporary prints. Left to right: kain, pareu (front) and sarong (rear), lavalava, and longyis*

o your own poolside party

Up-in-the-air playhouses with or without trees

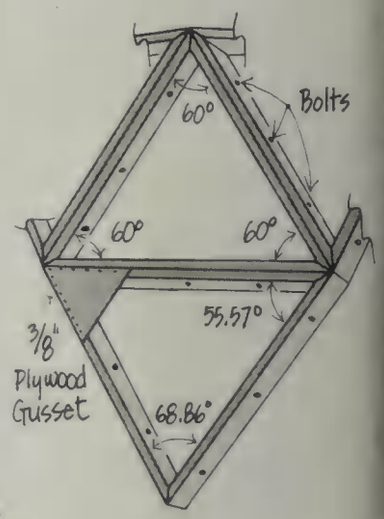
Small or roomy, safe or scary, and inexpensive if you like

Put a playhouse up off the ground and you give a child instant stature, a lookout, a hideout more private than anyplace at ground level. Even the ascent can be fun—something of a test of nerves but with such safeguards as railings, hand-holds, and some kind of soft landing place below.

You don't necessarily need a big tree to hold it up. For instance, the play structures below and at left on page 76 are supported by groves of smaller trees. The dome rests partly in the crook of an oak but it needs an extra leg to stand on. The last two don't depend on trees at all—one stands on stilts, the

A tree-dome

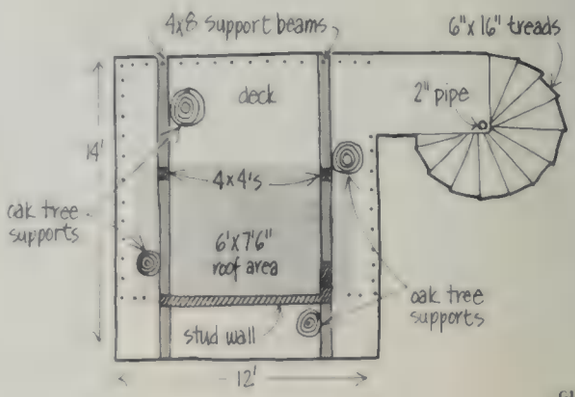
Icosahedron-derived dome, made of 80 wooden triangles, rests on large triangular frame —supported by tree on two sides, a pole on third side. Floor is plywood. Plywood triangles strengthen bottom sections. Heavy wire screen acts as safety rail. Transparent vinyl covers top. Dome is 20 feet up; you climb on folding attic ladder and second fixed ladder, haul up supplies by basket and pulley. Sketch below shows triangles (one equilateral for every three isosceles) and how they're bolted together. Building any geodesic dome calls for precise angle calculations; there are several helpful books on the subject at libraries and bookstores. This treehouse was designed and built by John Morrall for Dr. and Mrs. Gene M. Levitz



DON NORMARK

On a deck, in the trees

Tree trunks support railed deck and playhouse. House is roofed, open on 2½ sides. Deck covers sandbox underneath. Spiraling stairs cut from old building beam rest on each other; they're secured by one metal pipe running through holes at end of tread and six additional support pipes at the outside ends. Designed by Phil Settecase for the Allan Riebels of Salem, Oregon



GLENN CHRISTIANSEN

other hangs from a beam.

The five play structures shown here were photographed in Washington, Oregon, and California. They range in complexity and cost from the plywood-sided platform on a pole (cost of materials about $50) to the multifaceted dome inspired by Buckminster Fuller (about $500 for materials and many hours in construction).

For each of them, the owners took time to plan just how they would look and endure, because they stand boldly in the yard, often without much concealing foliage. And since the structures attract both adults and children, their appeal is likely to last longer than that of a sandbox or swing set.

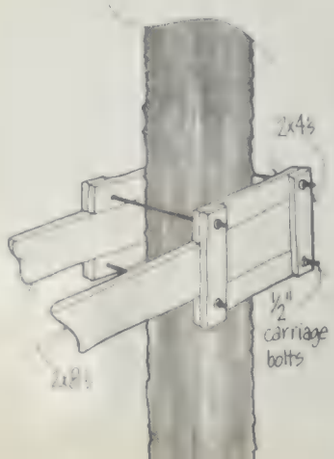
Wood is used for all of these play structures. It's the best material for building in a tree because it is flexible enough to bend with a swaying branch or give with

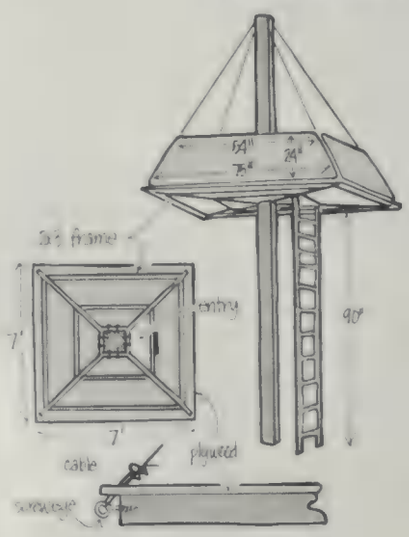
In the trees . . . hung on a pole

DON NORMARK

Launching pad

Neighborhood children call it the "monorail." Fenced platform between cedars serves mainly as launching pad for rope ride. It's built with conventional beam, joist, and flooring methods. Adjustable clamps (one shown below) allow for expansion of fast growing trees. The 50-foot rope track starts 20 feet up a tree and slopes to ground. Riding rope hangs from sailboat block. Designed by owner, Robert Helsell, Bellevue, Washington





A beam "tree"

Platform hangs from cables strung from four corners to top of 15-foot 12 by 12-inch beam. Side panels made of exterior plywood are also attached to cables. (Wood sealed with preservatives.) Beam is sunk 5 feet into ground (no concrete). For safety, children climb with backs to beam on rungs that get closer together as you near the top. Owner-designer Barney Munger, Vashon Island, Washington, got good price on beam so total cost was only $50

growth. Also its relative light weight won't put undue stress on tree trunks. In some cases, a tree house framework can serve to brace a tree.

To prevent damaging the tree, the beams which support the icosahedron-derived dome are lashed to the oak with padded cables. A pinching device holds the platform at left to the fast growing cedars. Both devices can be adjusted so growing limbs are not strangled.

Nails and bolts can be used in moderation to attach foundation boards as long as branches are free to move without binding and breaking, and too many aren't used in any one place.

If any large branches must be removed, cut them flush with the parent limb and coat the cut with a tree sealer.

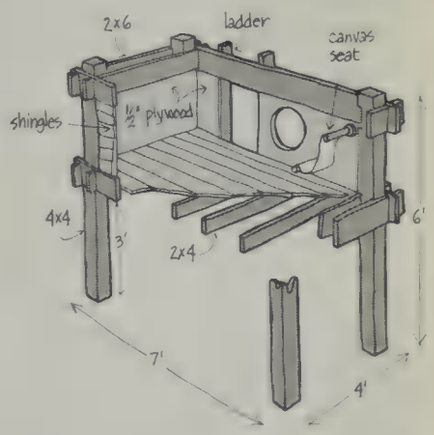
A good tree house won't damage a tree and should be inoffensive to neighbors. You may need a building permit. □

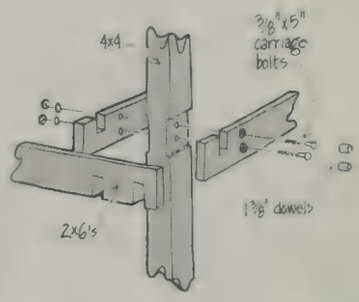
. . or up on stilts

NORMAN A. PLATE

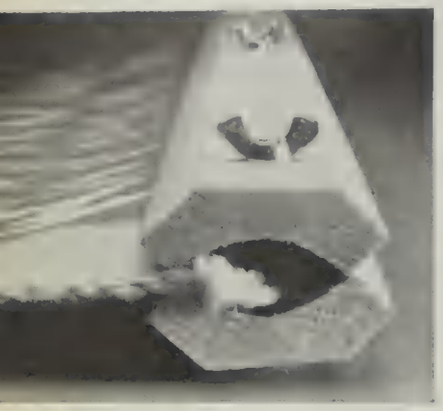
Cozy box on stilts

Box on stilts is cozy and private hideaway. Built-in chair of slung canvas seats two. Porthole has removable plug for a lookout. Fine wood joinery—crossed lap joints and dowel plug bolts—accents corners. Freestanding unit was designed and built by Alexander Moseley of Pasadena





The Changing Western Home



Hanging rugs without hangups

During a recent show of Navajo rugs at *Sunset's* Menlo Park offices, several visitors suggested we share our method of hanging the rugs. You don't have to nail, staple, or otherwise pierce the material. The rug is simply sandwiched between two strips of 2¼-inch sprung cove molding. Stove bolts and wing nuts, spaced about 8 inches apart, clamp the strips down along the edge of the rug. A string or wire attaches clamps and rug to the wall.

DARROW M. WATT

Redwood shower design

Oiled redwood is used to give a natural appearance to the bathroom in the Portland house of James Oliver. A large skylight is set into the redwood ceiling. And to carry the wood motif across the front of the shower, the metal sliding curtain rail is sandwiched between two pieces of 1 by 2 redwood and hung between 1 by 6 redwood strips.

DON NORMARK

Cedar for closet lining

Aromatic red cedar has long been used for lining closets because the odor of its natural oils repels moths. Many lumber yards and building supply stores carry this aromatic wood in an Ozark "multi-use" closet lining kit. Each carton contains enough wood to cover about 43 square feet of wall surface. The tongue and groove pieces can be applied over existing walls and require only a hammer, saw, and nails for installation. □

Variations on a basic Pinto.

Ford Pinto Wagon: Rugged 2,000cc engine, front disc brakes and over 60 cubic feet of cargo space. (VW Squareback and Vega Kammback have only about 50.) The picture shows the Squire Option, plus luggage rack, whitewall tires and bumper guards.

Fresh orange, anyone? Pinto's Sports Accent group has bright new color accents like orange or avocado, with matching interiors and vinyl roofs. And steel-belted radial-ply white sidewall tires for long mileage.

The Sunshine Pinto: Our new easy-opening, solid-closing sun roof comes at a remarkably low price. It's shown above on a stylish little 3-Door Runabout, with vinyl roof and luxury decor options.

Red, white and blue! The new Sprint Option includes this racy color scheme, inside and out. Plus dual racing mirrors and white sidewall tires.

Ford Pinto comes in a lot of different variations. But the basic theme is always the same: solid, sensible, and economical.

When you get back to basics, you get back to Ford.

FORD PINTO

FORD DIVISION

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B&G. Love Letters from France.

Barton & Guestier. 36 fine wines in one fine family.

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When it's *boating time, pull trailer over ground cover, hitch to car*

During the week, *boat and trailer are out of sight behind fence*

Hiding place for the family boat

n some communities a boat or house ailer must be screened from the street. nd even if there is no such ordinance equirement, you probably would just on keep it where it isn't susceptible to andalism.

lere's one solution. It's a plain and simle fenced-in boat and trailer parking rea at the setback line. When closed, e double gates become part of the nce running between the houses.

o complete the camouflage, there is no aved drive or other indication that a heeled vehicle is moved in or out. Inead there's a sturdy ground cover of uga that takes occasional traffic over (other plant choices would be lippia, *otentilla verna,* or small-leafed thyme). he car isn't backed up to the trailer; e trailer is hand pulled out to the car hich remains on the driveway.

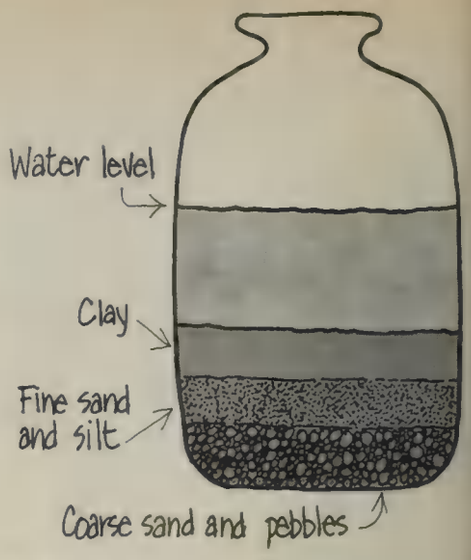
esign is by Lawrence Underhill for e Dorsey D. Bakers of Portland. □

It's for wood.
It costs less than paint, goes on easier, lasts longer.
It won't ever crack, peel or blister.
It's trouble-free for re-do over paint or stain.
It comes in 30 solid colors and
36 semi-transparents.
That's the beauty of it.

Free color folder: Write Dept. S, 1148 N.W. Leary Way, Seattle, Wa. 98107. Olympic Stain. A division of COMERCO, INC.

Architect:
Frederick K. Heim

For adobe builders who want to make their own bricks



Clay content *is checked as soil settles in water. Uniform Building Code requires 25 to 45 per cent clay*

Only the hardest do-it-ourselfers would consider making enough adobe bricks to build a nine-room house. Eugene H. Boudreau and his wife Sylvia did just that. Then Mr. Boudreau wrote a book about what they learned: *Making The Adobe Brick* (Fifth Street Press, Berkeley, 1971; $2.95).

Without previous building or adobe experience, they converted 120 tons of mud into 7 thousand bricks. Out of this experience and research on the subject, Mr. Boudreau arrived at practical methods, formulas, and tips for making adobe bricks, which he passes along to the reader. Usefully, the author stresses building to Uniform Building Code standards. Photos and drawings illustrate the process from mud to house.

The first part of the book deals with making bricks. Several methods of testing your soil for sand and clay content are presented, as well as a system for determining how much emulsified asphalt must be added to make bricks sufficiently waterproof to meet Uniform Building Code requirements. The book also suggests ways to build molds and drying racks and where to find a used mortar mixer.

The second part of the book is devoted to building with bricks. Except for sections containing some elementary rules of construction, this part of the book is where the true adobe nuts depart from the rest of us. The book's final section is a valuable set of calculations for building a house, which might help you cut engineering costs.

Whether you want to build a whole house, or just add a touch of mother-earth elegance to a planter or wall, a guide like *Making The Adobe Brick* can be a helpful tool. □

JOHN PEARSON

To avoid *damaging corners, author gently eases adobe brick from mold*

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Sarah tempts you to be Cleopatra.

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You can get one for the price of a Toyota.

At first glance, the Toyota Celica ST might come off as a rich man's sports car.

That's the nice thing about it.

But in real life it's an economy car.

That's the nice thing about it.

Car and Driver Magazine tested six sports coupes. In gas mileage, they found that the Toyota got the most out of a gallon of gas.

Some economy car.

The Celica ST comes with hood vents and rally stripes. Standard.

It comes with a four-speed synchromesh transmission and radial tires. Standard.

A high revving overhead cam engine, tachometer (red lined at 6300 rpm) and front disc brakes. Standard.

A dash, console and shift knob that look like wood. Reclining bucket seats. Wall-to-wall carpeting. Electric clock. Even an AM radio. Compliments of Toyota.

The price of the Toyota Celica ST. $2848.*

All this for $2848.

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For your nearest dealer, call 800-243-6000 toll-free. (In Connecticut, 1-800-882-6500) *Mfrs. suggested retail price. Freight, local taxes, dealer prep. and options extra.

America's most eaten store bought potato.*

But outside of Boise nobody knows our name.

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Boise, Idaho.

It isn't the biggest capital city in the U.S. But it does have something the others don't. Boise is the capital of the best potato land on earth.

Boise, potato capital U.S.A. Pop: 74,990.

And Boise is where we live. And work. And grow potatoes for freezing.

More frozen potatoes for more homes than anybody.* Anywhere.

Women buy them by the millions. But bring up our name, and they're apt to ask, "What's an Ore-Ida?"

You see, our potatoes are mostly grown in Idaho and Oregon. So way back when, some local booster coined the name Ore-Ida. Oregon and Idaho. Get It?

Most people don't. Which is too bad because we keep coming up with all kinds of tasty dishes to help you get out of the dull boiled-baked-mashed routine.

Good eatin' from Boise.

Like our Tater Tots® brand. These tender morsels are bite size. Deep fried so lightly to a golden crispness. And seasoned to a taste so unexpected some people even serve them as a snack with dips.

Like our French Fries. Five different sizes from Pixie Crinkles® to Golden Fries® to Shoestrings.

Like our Cottage Fries and our Country Style Dinner Fries.™

Like our two kinds of Hash Browns, Southern Style and Shredded.

Or like our Potatoes O'Brien with onions and peppers and our Small Whole Peeled Potatoes and our Stew Vegetables and our Onion Rings.

You could have Ore-Ida for dinner two weeks running and never serve the same dish twice.

You could, that is, if you'll just remember the name.

Ore-Ida. If you can't pronounce it —well, the taste will do the talking. It'll say, "Good eatin' from Boise."

*America's No. 1 brand of retail frozen potatoes.

The island is the center of this kitchen

DARROW M. WATT

Narrow *raised counter divides island into cooking and eating areas*

Want to lose 4 pounds fast?

Try the new Slender Pudding Diet!

This luscious new pudding is actually a complete 225 calorie diet meal when it's mixed with the substantial nutrition of milk.

We put dieters who were at least 20% overweight on our chocolate and butterscotch puddings for three weeks. The first week, dieters lost an average of more than four pounds. The next two weeks losses fell only slightly, averaging three and a half pounds a week.

[illegible] there are two ways to get Slender—liquid or by the [illegible] spoonful. [illegible] your doctor and start [illegible]ing.

Cooking side *has chopping board, range, spices under wall counter*

This island divider provides for as wide a variety of kitchen activities as any we've seen. One side has a range, chopping block, spice storage. On the other side, an eating counter seats four; it houses storage drawers just underneath and a phone jack at the end.

The divider stands 30 inches tall—the standard height for a kitchen table but 6 inches lower than standard for a range. However, the owner, Mrs. Paul Martin, says the reduced height makes it easier to stir pots on the range and also is convenient for using the chopping block.

A narrow counter—flush with wall counters—protects the eating area from steam and spattering grease. At meal time, it's a handy place to put serving dishes.

Chairs of standard height fit at the eating counter. Between meals, the area is a quiet nook for planning menus, folding clothes (washer and dryer are a few feet away), or watching television.

Architect was Derk Vyn for the Paul Martins. □

Beautiful Hawaii This affectionate photographic essay examines the tremendous variety and striking contrasts of the Hawaiian Islands. The famous views and the unexpected ones, splendid forests and rolling grasslands, sugar plantations and cattle ranches, luxurious resorts and friendly towns, jungled valleys and palm fringed beaches. Each of the more than 250 photographs (including 48 pages in full color) was chosen for the way it captures the mood and feeling of the islands. Through these photographs you can experience the

HAWAII

rill of surfing off Oahu's western beaches, enjoy the colorful pageantry of the olynesian Cultural Center, share the delight of a child floating in Hilo Bay, or relax s a catamaran glides serenely past. Each of the six major islands—*Oahu, Hawaii, laui, Kauai, Molokai, Lanai*—is photographically explored. Relief maps introduce ach island chapter. The *Sunset* editors have thoroughly researched and studied each hotograph. Informative captions are filled with fascinating details. A concise histor- al introduction features intriguing old photographs and prints. This beautiful pic- rial will delight those familiar with the islands and invite the uninitiated. Look for *eautiful Hawaii* at your favorite book dealer. A special advance price of only $8.95 ill be in effect through December 31, 1972. (The regular price will be $9.95.) A mited quantity of the deluxe, slip-cased edition is available at $12.50.

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Menlo Park, California 94025

☐ Please send _____ copies of *Beautiful Hawaii*, billing me at only $8.95 (plus postage and packing) when delivered. I will remit in two weeks or return the book and owe nothing.

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A lot of people don't fully understand our sporty way to see the U.S.A. They think it's too expensive. But that's only because they really don't know what they're getting in Camaro.

If you're one of those people, we'd like to let you in on a few things that make Camaro a great buy.

Reason One. Camaro never met a road it didn't like. *Road & Track* magazine recently named our Camaro SS to their list of the world's 10 best cars, no qualifications. They especially like Camaro's uncanny ability to hug a road. And the better a car handles, the more secure you feel driving it.

Two. Camaro is made by Chevrolet. That means when it comes time to trade it in, you'll get Chevrolet's traditionally high resale and a large percentage of your original investment back.

Three. Camaro isn't priced all that high to begin with. At a base price of $2729.70* you get standard front disc brakes, bucket seats, a carpeted interior and GM safety features like side-guard beams in the doors. A standard Camaro is not a "stripped" Camaro.

Four. Camaro has a long, long list of extras you can add to make it exactly the kind of car you want it to be. You can even change the front end styling with our Rally Sport package.

Five. You get all this sporty styling. All this great handling. All this Chevrolet value. All in a car that will hold four adults. Or a small family. It's not exactly a family car; or a sports car, or an economy car. And maybe that's exactly what you want. Something unique.

See and drive a Camaro at your Chevrolet dealer's. Now that you know what a bargain it is, his price will look pretty good. We want your new Camaro to be the best car you ever owned and the best bargain you ever drove.

Chevrolet

**Manufacturer's suggested retail price including suggested new vehicle preparation charge. Destination charges, state and local taxes are additional.*

Highway safety begins at home. Buckle up before you leave.

GM
MARK OF EXCELLENCE

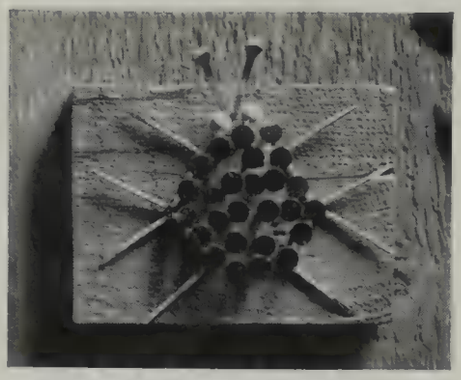
Camaro Sport Coupe on the outskirts of Bath, New Hampshire.

Chevrolet. Building a better way to see the U.S.A.

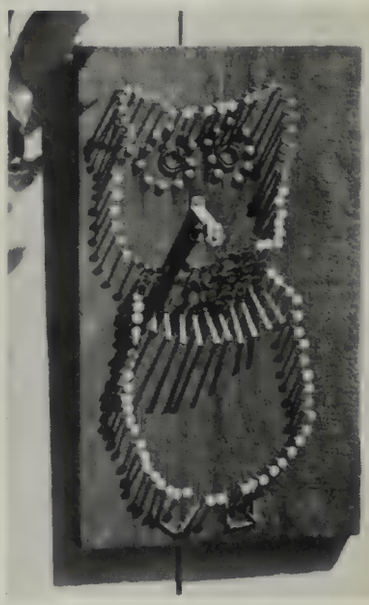
DARROW M. WATT

Winged creature's body *is made with plain (ungalvanized) roofing nails. Legs are done with common nails, antennae are rusted horseshoe nails, and mouth is a washer. Some of the head nails and legs are painted black*

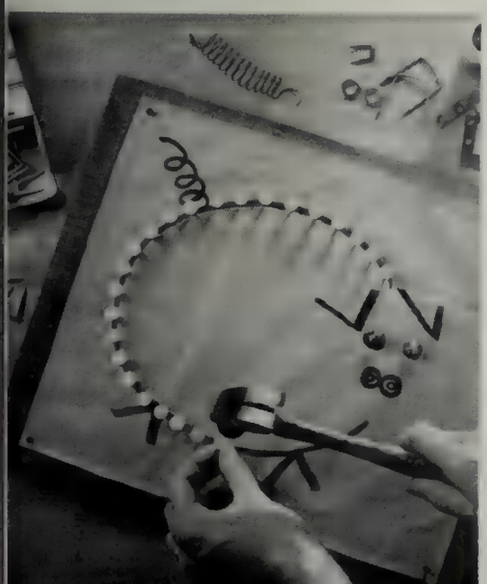
Garden art from nails, washers, staples, scraps



Ladybug's spots *are painted roofing nails; antennae, square horseshoe nails; legs, large staples*



Owl's nose *is curtain rod holder. Curious washer eyes are circled with furniture tacks*



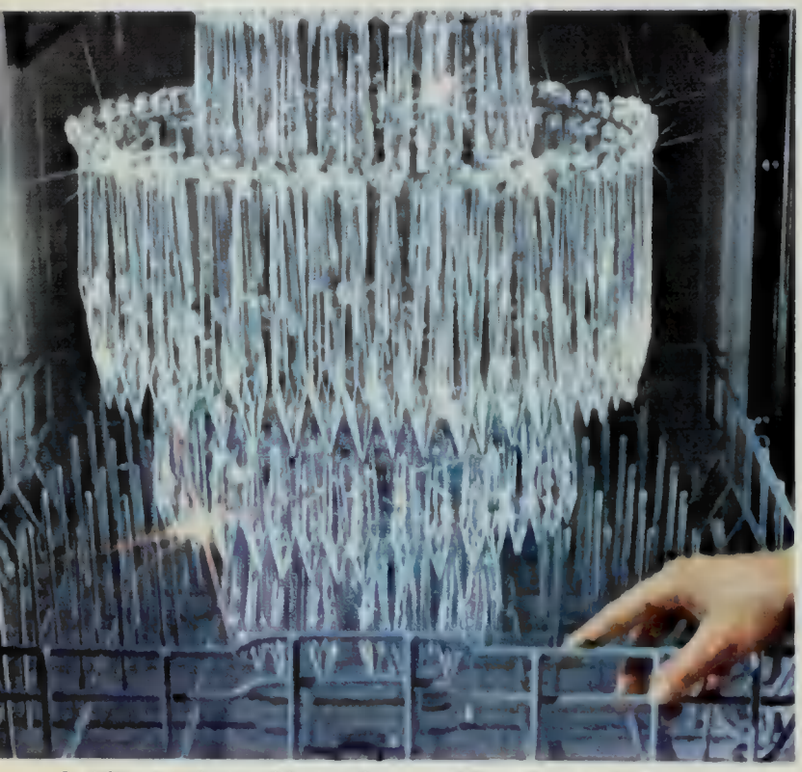
Sketch *design on paper; attach and fill in with nails. At end, remove paper*

Outdoor sculpture can be created from humble materials: pieces of rough cut wood, all kinds of nails, old washers, paint leftovers, big and little staples, odd metal scraps. You can probably find most materials by sifting through a rummage drawer, or you can buy them inexpensively at a hardware store or lumber yard. For the horseshoe nails, go to a saddle shop.

This kind of outdoor sculpture often improves with age. In creating your design and choosing materials, try to visualize what the wind and rain will do. Rough cut redwood and cedar are good possibilities for the wood background; they will gray and develop in texture as they age. Ungalvanized nails will rust to a rich brown; galvanized ones stay about the same. But if you want to hasten the rusting process, put materials in a small flat galvanized pan, add salt and just enough water to liquefy, and set in the sun to dry (and rust). □

1. A crystal chandelier. Dipped in pancake batter and left to dry.

2. Into the dishwasher with new Palmolive Crystal Clear powder.



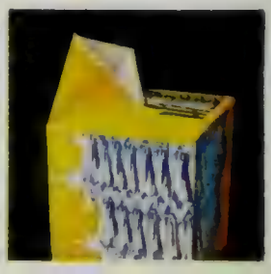
3. After regular washing cycle...sparkling clean and clear.

4. Amazing work by the first lemon-freshened dishwasher powder.

Who ever saw an automatic dishwasher powder clean like this!

Amazing Chandelier Demonstration proves cleaning power of new Palmolive Crystal Clear...the first lemon-freshened dishwasher powder.

Palmolive Crystal Clear cuts through egg, grease, film, dried-on foods. Rinses away spots and streaks...even in hard water. Yet it's "Palmolive Safe" for china and crystal. Do your own amazing demonstration—with new Palmolive Crystal Clear.



Convenient new package. • Easy-open spout. No broken fingernails. • No waste. Pours where you aim it. • Easy to see how much is left.

©1972 Colgate-Palmolive Co.

NORMAN A. PLATE

Hamper-drawer *in end of bathroom cabinet hides laundry until washday*

Under the counter go dirty clothes

Instead of using a bulky hamper to hide your laundry, you might build a convenient sliding hamper-drawer into the end of a bathroom cabinet.

Pulled out, it's the right height to drop in laundry. Pushed in, it disappears into the cabinet.

The drawer, designed by architect Lawrence Steiner for the Arnold Cornez family of Menlo Park, California, is simply a square box built of ½-inch-thick plywood to fit the cabinet. A finished piece of mahogany plywood fronts it, with a 2-inch overhang on all edges. These edges are slightly beveled to provide a handhold, eliminating the need for drawer pulls. The hamper-drawer operates smoothly on sturdy metal drawer slides.

To add a drawer to an existing bathroom cabinet, try to find unused space near the ends large enough to be put to use. Or you may want to replace an entire row of drawers with a larger hamper-drawer.

A canvas laundry bag could be added by securing four small hooks in each corner of the drawer, fitting a bag with eyelets, and hanging it inside the drawer. You may wish to drill several holes in the bottom and back of the drawer to increase air circulation around the laundry. □

This lush lap of luxury is probably the most comfortable swivel based lounge chair you can find. Yet, for all the depths of comfort Barrelmaster sinks to—it never loses sight of appearances. The molded base is in a choice of practically indestructible lacquer colors, black or walnut mylar. And Selig covers it in a seemingly limitless range of fabrics or vinyls. Try a Barrelmaster. Once you experience its luxurious leisure, you're sunk.

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Tile Council of America, Inc.

Pool alarm systems that warn when you have unexpected drop-ins

You can fence your lot to keep outsiders away from your pool, and you can put in additional fencing within the lot to safely separate your family from the water at certain times. But some situations may call for a third line of defense —a pool alarm that warns you or a neighbor that a person or animal is in the pool at a time when he shouldn't be.

Any of these might conceivably trigger the alarm: toddlers who fall in accidentally, fearless but nonswimming youngsters who find the water irresistible, animals (domestic or wild) that get into the water and can't get out, anyone else sneaking in for an unauthorized dip. Such an alarm would be especially useful when the pool isn't in clear view of the house.

Fast action after the alert sounds could avert a drowning.

Three types of pool alarm in fairly wide distribution in the West provide this kind of vigilance. One is a floating device that sends its warning impulse to an alarm when wave action exceeds a set amount. Another type utilizes a sensing tape that is affixed to the sides of the pool; when the tape gets wet due to excessive wave action, it activates a battery-operated alarm. The third type relies on sound rather than movement of water; it doesn't feel an object thrashing around in the water, it hears it.

Pool alarms of this sort are seldom available from swimming pool contractors or from firms that sell pool equipment and supplies. For that reason we are including the name and address of the manufacturer of each type so that he can give you the name of a nearby distributor or supply you direct.

Floating alarms

One kind of floating or buoy alarm resembles a flattish disk with a cylindrical center that contains the sensing equipment. The sensitivity is set at the factory to activate the alarm when an object weighing about 15 pounds is dropped approximately 15 feet away from the buoy from a height of about 1 foot. However, the sensitivity is adjustable. The buoy can be free floating or anchored in any part of the pool. It can also be tied to a floating pool cleaning device and towed about the pool so the alarm is not inadvertently activated by the jets of water.

Two models are available from Aquatic Systems, Inc., Box 969, Sunnyvale, Calif. 94086.

A battery-operated one sells for about $140 (plus shipping). The wave action impulse is transmitted through wires attached to the buoy to a central alarm unit inside the house.

A more sophisticated model selling for about $240 (plus shipping) is completely wireless. Batteries in the cylindrical cartridge transmit their signal to the alarm unit, which is plugged into the house current. The wireless unit is portable so you can take it from room to room or to a neighbor's house and still monitor your pool. Range is about 25

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Sure beats vitamin pills for appetite appeal.

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Franklin Park, Ill. 60131

yards. You can also have an additional antenna mounted on the buoy to extend the range.

Both models sound their alarms (horn) for 30 seconds, repeating every few seconds as long as there is wave action above the sensitivity setting. After waves subside, the system automatically resets itself. The alarm is also activated if the buoy is removed from the pool. The loudness of the alarm can be set at low, medium, or high on special request.

Another kind of floating pool alarm system houses its sensing mechanism in a 12-inch-long, 1½-inch-diameter tube that floats vertically and is almost completely submerged in the water, making it, according to the manufacturer, less susceptible to wave action caused by wind. Its sensitivity is also adjustable. The tubelike device is free floating or can be anchored anywhere in the pool. The disturbance impulse is carried by wires to a battery-operated alarm (bell sound) set up inside the house; it continues to ring until it is shut off or the battery goes dead. It also will ring when removed from the pool. The unit contains a battery testing device.

This alarm (made by Gold Line) is available from Barstow & Doran, Inc., 22527 Crenshaw Blvd., Torrance, Calif. 90505. It sells for about $90 (plus shipping). For an additional $40 you can get a weatherproof outdoor alarm so you have one both indoors and out. For large or irregularly shaped pools, you can buy a sensor tube with wiring for about $15.

A third kind of floating alarm is self-contained. It has no batteries or wires. Its alarm (horn) is activated by an aerosol propellant in a pressurized can screwed into the unit. As with the others, you can adjust the sensitivity. The unit is made by Falcon Safety Products, Inc., 1137 Rt. 22, Mountainside, N.J. 07092; it sells for about $60 including two containers of propellant.

Sensing tape alarm

Instead of using a sensitive buoy that reacts to the wave action, this system functions by means of a tape affixed to the sides of the pool just above the tile line and under the coping. When an object weighing 6 pounds or more falls into the water, waves or water splashes hitting the tape activate a signal to a battery-operated alarm placed under the diving board or other convenient place (an additional indoor alarm costs about $20). The alarm will continue to sound until switched off or the battery goes dead. This system, made by CSH Industries, Box 1246, Sun Valley, Calif. 91352, costs about $90 (plus shipping).

Sound sensing alarm

This alarm isn't activated by wave and water motion, but by sound. And the sensor doesn't float; it rests on the bottom of the pool and listens for specific sounds. Utilizing the same sonar principles used to search and identify objects in the ocean, it ignores such sounds as rain or wind and noise from cars and planes, but the alarm (siren) is activated by the sound of a person or animal entering or thrashing in the water.

Normal sound made by the pool pump turning on and off and other machinery has no effect on the sensor.

The cost of the battery operated unit made by Marine Resources, Inc., 8762 Amigo Ave., Northridge, Calif. 91324, is about $150. A key switch prevents unauthorized switching off of the system. The unit also has a built-in self-checking and battery testing device. An inside alarm costs an additional $20.

Cautions

A pool alarm is not a substitute for proper fencing, supervision, and safety instruction. Consider it an additional safeguard. It's effective only if the system is properly installed and maintained. Make frequent tests of the alarm, check wiring and wire connections, and replace weak batteries. □

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What's more, we designed a different edge for every cutting job, to help end needless waste. So you can: (a) Peel and pare vegetables with ease. (b) Trim sandwiches without tearing tender crusts. (c) Slice tomatoes without mess. (d) Chop vegetables and nutmeats without banging knuckles. (e) Carve roasts without shredding. (f) Slice ham delectably thin.

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*If this product fails due to defects in workmanship and materials within 15 years, return postage prepaid and Ekco at its option, will replace or provide equivalent substitute at no charge.

Handcrafted labels *liven up jars and bottles containing homemade cooking*

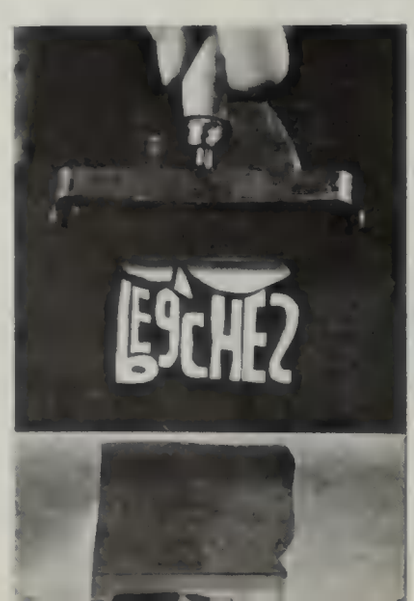
These bookplates *will personalize a young lady's library*

Here's a simple system for label printing

1 · *Cutting stage: Don't worry if you cut through the adhesive backing. After cutting, stick design parts to clipboard*

2 · *After sticking design on clipboard, cover with waxed paper; use a stencil knife to cut away the portion covering design*

3 · *With waxed paper flipped back over clipboard, roll the inked brayer over the design on the clipboard until evenly covered*



4 · *To print, return waxed paper and place blank label face down over inked design; roll with clean brayer (or back of spoon)*

DARROW M. WATT

These homemade labels give a final flourish to your favorite strawberry jam, canned peaches, or wine. They also make presents doubly personal.

You can complete a short press run of the labels in just an hour. The printing is likely to be uneven, but the color compensates for that. Here is the technique that Don Ryan of Northridge, California, has worked out.

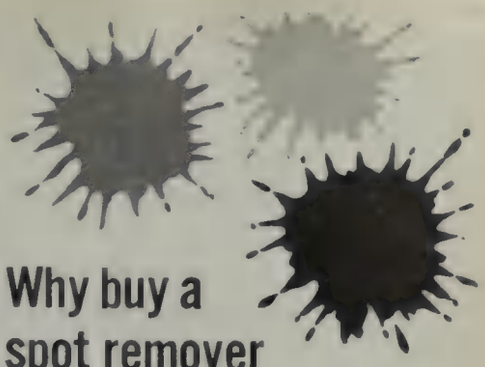
5 • *Pick up label and set aside to dry. Print as many labels as you want but remove excess ink with paint thinner. Drying may take 8 hours*

You'll need adhesive-backed paper labels, a small hardboard clipboard, oil-based printing ink, a rubber brayer (or two), a stencil knife, paint thinner, and waxed paper. Total cost is about $12.

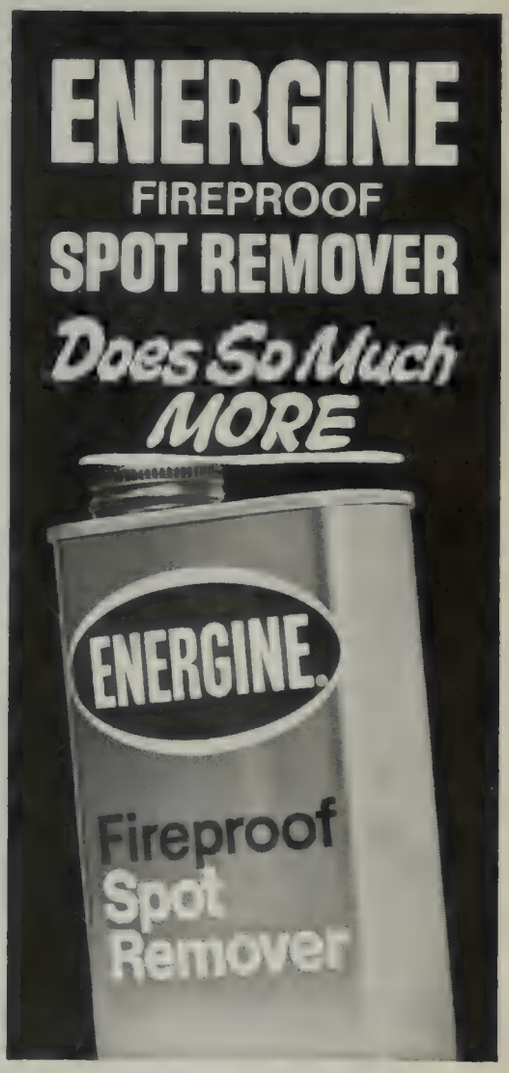
Pick out two labels. Remove one from its backing; stick it on top of the second label to give double thickness. Draw your design on the label. Remember to do the design and words *backwards*. Keep the design simple; avoid large open spaces that may ink up and be difficult to print later.

Cut the design out with a stencil knife, going through both thicknesses of the label. Peel off backing and stick design to the clipboard piece by piece; be sure the pieces fit the size of the label you are printing. Cover the whole board with a piece of waxed paper and cut out the area covering your design as in photograph 2.

Flip the waxed paper over the top of the clipboard. Roll ink onto brayer, then over design on clipboard as in photograph 3. Return waxed paper and place to-be-printed label face down on inked design; roll with a clean brayer or rub with the back of a spoon. If the ink builds up, remove excess with paint thinner. Drying time is slow, but when dry, the oil-based ink will resist drips from an opened jar or bottle. □



Why buy a spot remover that just removes spots?



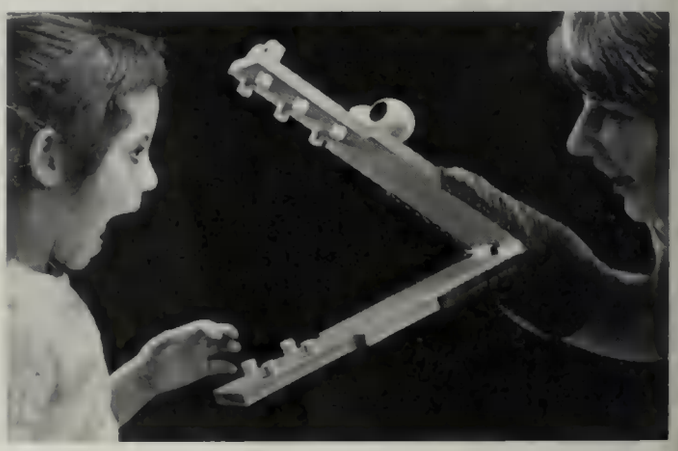
Energine® removes just about any grease spot from practically every kind of fabric...quickly, easily, surely. But that's just the beginning.

Energine also cleans car upholstery and whitewall tires, typewriter rollers. Cleans greasy lawn mowers, bicycles. Removes fresh paint, chewing gum, tar. Does dozens of other clean-up jobs.

FREE! New Energine Spot Removal Guide. Tells you how to remove dozens of different kinds of spots. To get your copy, just send 10¢ to cover cost of mailing with your name to: The d-CON Company, Inc., Box 169, White Plains, N.Y. 10602.

DARROW M. WATT

Frog puppet *is made from wood and corduroy, assembled with glue. Eyes are drawer pulls*



Scary *alligator has dowels for teeth glued to inside of hinged mouth*

Open wide . . . puppets with big jaws

Frogs and alligators are not ordinarily welcome house guests, but even a squeamish mother wouldn't object to them as children's puppets. Made of wood and cloth, they're neither expensive nor complicated.

Our dimensions are only guidelines. As long as their bodies fit snugly across their heads and the puppets feel comfortable on your hand, you can alter the measurements to suit your materials.

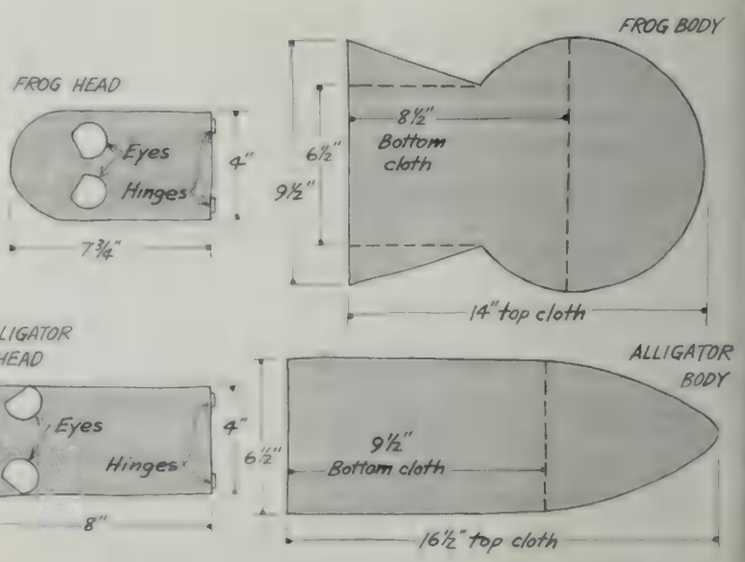
Frog with bulging eyes

You'll need two pieces of ½-inch plywood or other wood, cut 4 inches wide and 8 inches long, two 1½-inch-diameter round wooden drawer pulls, two hinges, paint, and ½ yard of corduroy.

Begin making the frog's head by rounding off one end of both pieces of plywood with a saw until U-shaped. Smooth the edges of the jaws with sandpaper. At the other ends, hinge the throat. Paint the wood with oil-based or acrylic paint. Set aside to dry.

Next, make the frog's eyes from the two drawer pulls. To make the center of the eyes, use a ¾-inch bit, and drill a hole in

Puppets *consist of two parts. Cut out wooden "head" with a saw; sew the corduroy "body"*



Keeping your chair cool is an important part of keeping you cool.

At Day & Night, cool is a sophisticated business. Nothing is overlooked when it comes to your comfort. Not even an easy chair. Because walls, carpeting, everything inside your home (down to the last piece of furniture) stores heat and humidity.

These factors—together with the way your home is constructed, its orientation to the sun, the size of your family—must be evaluated before your local Day & Night dealer can specify the central air-conditioning system best suited to your cooling needs.

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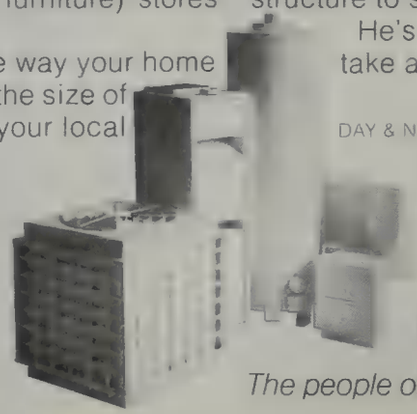

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STORE COUPON

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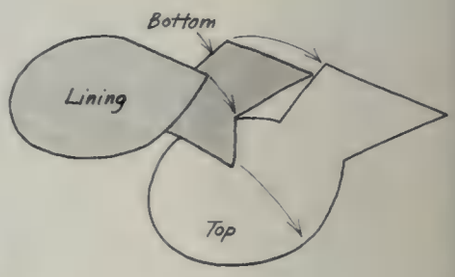
each pull about ½-inch deep. Sand and paint the insides of both holes with dark paint. (If you'd rather, simply paint the center of the eyes.) Glue the eyeballs to the upper jaw 5 inches from the hinges.

To make the cloth body, cut one piece of corduroy the size of the frog body pattern pictured on page 96. This is the top cloth. Cut the bottom cloth to match the smaller, dotted-line pattern.

You can make an attractive lining for the body by cutting a piece of cotton print as shown in the drawing below.



Turn under the straight edges of both corduroy pieces about ½ inch where the cloth will be attached to the wood, and stitch to make a hem.

Pin top and bottom pieces of corduroy right sides together. If you made a lining, put it right side down on top of the bottom piece and sew around edge of circle. If not, stitch sides of overlapping circular section and hem the remaining portion of the top cloth.

Turn right side out; press. With white glue, fasten loose edge of top piece over the eyes and glue side edges to the wood. Attach bottom piece the same way.

Gator with gaping jaws

Materials for the alligator are a piece of ½-inch wood 4 inches wide and 27 inches long, two 1½-inch-diameter round wooden drawer pulls, 5 inches of ½-inch dowel, two hinges, oil-based or acrylic paint, and ½ yard of corduroy.

For the alligator's head, cut two 13-inch lengths of plywood and save the 1-inch piece left over. Cut a notch ⅝ inch wide and 5 inches long along both edges of each board to form the snout and jaws. Join larger ends with the two hinges. Paint and let dry.

Next cut dowel into 10 segments ½ inch long for teeth. Glue six teeth to the upper jaw and four to the lower as shown in the photograph on page 96.

For nostrils, cut a 2½ inch by ¾-inch piece from leftover board. Drill two holes ½ inch in diameter. Round top edges and glue the straight bottom side to the end of the snout.

Make the eyes the same as for the frog. Use the alligator pattern on page 96 and the directions for assembling the frog's neck to make the alligator's neck. Glue the neck to the head about 4½ inches from the hinges. □

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hat means whole-egg Best Foods.

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Creamy Best Foods makes this man-pleaser velvety smooth.

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1/4 cup finely chopped onion
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 1 cup BEST FOODS Real Mayonnaise
- 1 1/2 cups finely shredded cabbage
- 1 (12-ounce) can corned beef, separated into chunks
- 1 cup chopped celery
- 1/2 cup pickle relish

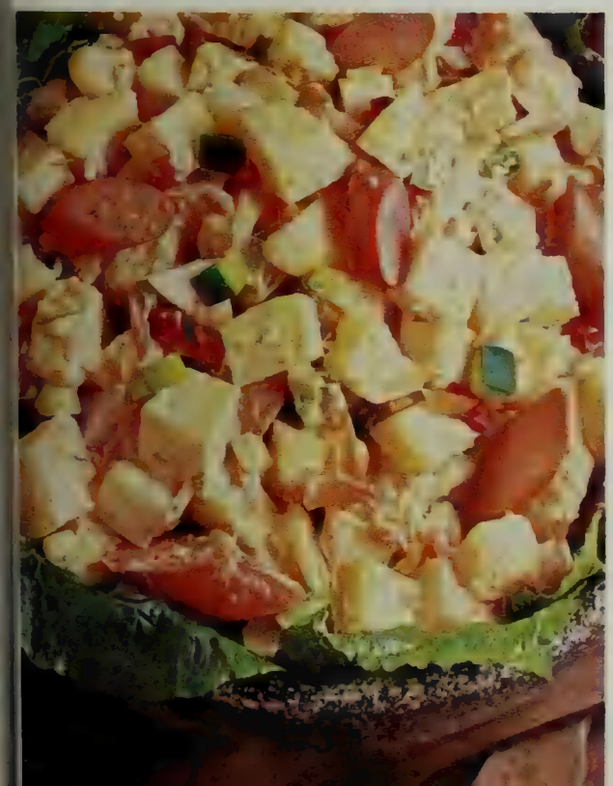
often gelatin in water in small saucepan. Dissolve over low heat, irring constantly. Remove from heat and stir in onion, lemon juice nd salt; gradually stir into Real Mayonnaise. Blend in remaining gredients. Turn into 1-quart mold and chill 2 hours or until firm. nmold and serve. Serves 8.

CHICKEN CHUTNEY SALAD

Delicate Best Foods won't overpower even the subtlest flavors.

- 2 cups diced cooked chicken
- 1 (13 1/4-ounce) can pineapple tidbits, drained (1 cup)
- 1 cup diagonally sliced celery
- 1/2 cup sliced green onion
- 1/4 cup salted peanuts
- 2/3 cup BEST FOODS Real Mayonnaise
- 2 tablespoons chopped chutney
- 1/2 teaspoon grated lime rind
- 2 tablespoons lime juice
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt

Toss together first 5 ingredients. Combine remaining ingredients; stir into chicken mixture. Chill. Serve on greens. Serves 4.



HOT DOG POTATO SALAD

Whole-egg Best Foods makes potato salad extra moist and creamy.

- 2 quarts (about 4 pounds) diced cooked potatoes
- 1 pound cooked frankfurters, sliced
- 1/2 cup chopped celery
- 1/2 cup coarsely shredded carrot
- 1/2 cup finely chopped green pepper
- 1/4 cup finely chopped onion
- 2 tablespoons chopped pimiento
- 1 cup BEST FOODS Real Mayonnaise
- 1/4 cup vinegar
- 2 tablespoons prepared mustard
- 1 tablespoon salt
- 1/2 teaspoon paprika

Mix all ingredients. Chill. Serves 8.

Best Foods, a Division of CPC International Inc. EPE®

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Lots of good cooks keep a mermaid in the kitchen.

Chicken of the Sea, the tuna with the Mermaid's touch. From Ralston Purina Company.

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A. SALBOSA

Sprinklers *rinse all these windows, plus four more around corner, at once*

It's a window sprinkler system

Half-spray *sprinkler head screws into drilled and tapped pipe*

Salt spray on windows not only obscures your ocean views but can also permanently etch the glass if not frequently rinsed clean.

Dr. Alex Wylly of Honolulu devised a way to rinse 144-square feet of oceanfront glass with a twist of the wrist. (The system would also be useful on an inland house with hard-to-reach windows.) Twelve small sprinkler heads fitted along a ¾-inch galvanized pipe simultaneously rinse a dozen 3 by 4-foot windows.

A 2-minute rinse twice a week removes most of the dust and salt spray. Washing with a cleaner is also necessary every once in a while.

Materials for this system cost about $25. If you can locate a copy of the March 1968 *Sunset*, you can read about a similar system that uses plastic pipe and an electric timer and costs about $125—most of the expense is in the timer. □

Valve *to turn on sprinkler is inside, hidden in planter*

Look what United's done for the Little Grass Shack.

We've spruced it up a little.

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Sunset's Kitchen Cabinet®

Midsummer meals, generally relaxed and casual, give the adventurous cook an opportunity to experiment. Trying a fresh approach to familiar dishes is a good place to start.

Instead of roasting a leg of lamb in the oven or on a spit, have it cut into steaks you can quickly grill on the barbecue. To replace the traditional bacon and egg breakfast, try sautéed, egg-dipped tortillas rolled around crumbled bacon and cheese. Or sub-

Barbecue grill enhances the flavor of thick, meaty leg of lamb steaks

Grilled Lamb Steaks

A leg of lamb, cut into thick steaks, provides six to eight servings for a company barbecue.

- 5½ to 6-pound leg of lamb
- 1 cup cold strong coffee
- ½ cup firmly packed brown sugar
- 2 tablespoons prepared mustard
- 1 teaspoon Worcestershire
- ¼ cup lemon juice
- ⅛ teaspoon liquid hot pepper seasoning
- 2 cloves garlic, minced or mashed

Ask the meat cutter to slice the leg of lamb into steaks about ¾ inch thick; save any trimmings to use for soup or stew.

Place the steaks in a single layer in a shallow roasting pan about 11 by 16 inches. In a bowl combine the coffee, sugar, mustard, Worcestershire, lemon juice, hot pepper seasoning, and garlic; mix well and pour over lamb. Cover and chill for 6 hours or overnight. Turn steaks several times.

To barbecue, remove steaks from marinade and place on a grill about 4 inches above a bed of hot, glowing coals; pour marinade into a small pan. Grill until nicely browned on both sides, basting often with the marinade, about 12 minutes total for medium well done lamb. Makes 6 to 8 servings.—*I. R., North Sacramento.*

Creamy mushrooms on crisp toast are elegant to serve for brunch with ham

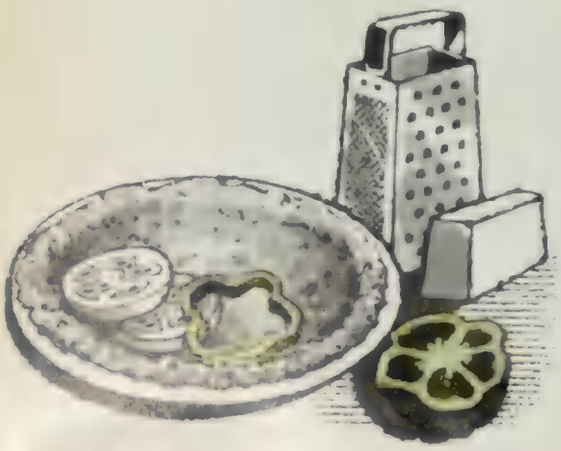
Sautéed Mushrooms in Cream

Offer these subtly seasoned mushrooms as an accompaniment to meat.

- 10 to 12 large mushrooms, about 2 inches in diameter
- 3 tablespoons butter or margarine
- 2 slices whole wheat bread, toasted and buttered
- 1 small clove garlic, minced or mashed
- 2 tablespoons finely chopped green onion (white part only)
- ¾ cup whipping cream
- 2 tablespoons Sherry (optional)
- Salt and pepper
- Parsley

Rinse mushrooms and pat dry. Separate mushroom caps from stems; chop the stems and set aside. In a frying pan, melt 1 tablespoon of the butter over medium heat; add the mushroom caps and sauté until golden brown on all sides. Lift caps from pan; arrange on toast; keep warm.

Add the remaining 2 tablespoons butter to the pan. Stir in the garlic, green onion, and chopped mushroom stems; sauté until onion is limp. Pour in the cream and cook, uncovered, over medium heat until cream is reduced to about ⅓ cup. Stir in Sherry, if used, and salt and pepper to taste. Spoon sauce over mushroom caps and garnish with parsley. Serves 2.—*M. H., Sunnyvale, Calif.*



Tomato and green pepper slices bake on top of the seasoned ground beef

Ground Beef Pizza

This supper entrée is easy to prepare from a pound of ground beef.

- 1 pound lean ground beef
- 1 egg
- 2 tablespoons *each* fine dry bread crumbs and finely chopped onion
- About 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon Italian seasoning (or ¼ teaspoon *each* rosemary, basil, oregano, and thyme leaves), crushed
- 2 medium-sized tomatoes
- 1 green pepper
- 1 cup shredded jack or Cheddar cheese
- 1 teaspoon oregano leaves

In a bowl combine the meat, egg, crumbs, onion, 1 teaspoon of the salt, pepper, and Italian seasoning; mix until well blended. Lightly press the meat mixture over the bottom and sides of a 9-inch pie pan. Peel and slice the tomatoes; seed the green pepper and cut across into ¼-inch rings. Arrange the tomato and green pepper slices on top of meat; sprinkle vegetables lightly with salt. Distribute the cheese and oregano over top.

Bake the meat pie in a 400° oven for 25 minutes or until meat is cooked through. Use 2 spatulas to lift it out onto a serving plate. Cut into wedges to serve. Makes 4 servings.—*F. H., Olympia, Wash.*

stitute oil and vinegar for mayonnaise to dress a crisp cabbage salad.

We welcome your own recipe creations. Mail them to *Sunset Magazine*, Menlo Park, Calif. 94025. We pay $10 for each recipe published.

Steaks from leg of lamb, tortillas for breakfast, a fresh fruit pie

Breakfast Tortillas

Flour tortillas are dipped in egg mixture and fried like French toast.

- 12 to 16 slices bacon, diced
- ½ pound sharp Cheddar cheese
- 8 green onions
- 2 firm ripe avocados
- 1 can (7 oz.) red chile salsa
- 4 eggs
- 1 teaspoon salt
- 1 tablespoon milk
- About 3 tablespoons butter or margarine
- 8 flour tortillas (about 8 inches)

First prepare these condiments: Fry the bacon until crisp; drain. Shred the cheese. Thinly slice onions. Peel, pit, and dice avocados. Arrange each in a bowl; spoon salsa into a bowl.

In a shallow dish beat together the eggs, salt, and milk. In a 10-inch frying pan melt about 1 teaspoon butter over medium heat. Dip tortillas, one at a time, in the egg mixture; drain briefly and fry in the butter about 1 minute on each side or until golden brown. Repeat until all the tortillas are cooked, adding about 1 teaspoon butter to the pan for each one. Stack tortillas between paper towels and keep warm until all are cooked.

Serve the hot tortillas and pass the condiments to spoon over. Roll up to eat. Makes 8 servings.—*E. H., Redlands, Calif.*

Serve toasted tortillas with various condiments; fill them, then roll up to eat

Summer Slaw

The light oil and vinegar dressing for this cabbage salad has a pleasing sweet-tart flavor.

- 1 medium-sized head cabbage (about 2 lbs.)
- 2 medium-sized mild white onions
- ½ cup sugar
- ½ cup cider vinegar
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 teaspoon celery seed
- ½ cup salad oil
- Cherry tomato halves

Finely shred the cabbage (you should have 8 cups). Thinly slice the onions and separate them into rings. In a large bowl alternate layers of the cabbage and onion rings.

In a saucepan combine the sugar, vinegar, mustard, salt, pepper and celery seed. Bring to a boil, stirring until the sugar is dissolved. Remove from heat, mix in the salad oil, then pour dressing over the cabbage and onions. Allow the salad to cool slightly, then cover and refrigerate it for at least 4 hours or overnight, stirring several times.

Use a slotted spoon to lift the cabbage and onions out of the dressing and heap into a serving bowl. Garnish with cherry tomatoes. Makes 6 to 8 servings.—*E. M., San Diego.*

Pour the warm dressing over shredded cabbage and onions, then chill well

Blueberry Peach Pie

It has a buttery crust that requires no rolling; you press it into the pan.

- ⅔ cup sugar
- ¼ cup quick-cooking tapioca
- ¼ teaspoon ground cinnamon
- ¼ teaspoon grated lemon peel
- 5 medium-sized peaches, peeled, pitted, and sliced
- 1 tablespoon lemon juice
- 2 cups blueberries
- Butter pastry (recipe follows)
- 2 tablespoons butter or margarine
- 1 cup macaroon cooky crumbs

Combine the sugar, tapioca, cinnamon, lemon peel, peaches, lemon juice, berries; let stand 15 minutes.

Prepare butter pastry; press evenly over the bottom and up the sides of a 9-inch pie pan; flute top edge. Bake in a 300° oven for 15 minutes; set crust aside. Reset oven to 350°.

Turn fruit into crust, dot with butter, and sprinkle with crumbs. Bake until browned, about 35 minutes. Serves 6. —*L. G., Bremerton, Wash.*

Butter Pastry. Combine 1½ cups regular all-purpose flour (unsifted), 3 tablespoons sugar, ¼ teaspoon grated lemon peel, and ¼ cup butter or margarine, cut in chunks. Rub mixture with your fingers until butter lumps are no longer distinguishable. Add 2 egg yolks; work well until it holds a smooth, noncrumbly ball.

Fresh peaches and blueberries join in filling, macaroon crumbs on top

DARROW M. WATT

Several generations *celebrate the Fourth with barbecued chicken legs, hot rolls, assorted raw vegetables, macaroni salad*

JULY MENUS

Barbecue on the Fourth, a Scandinavian supper, and a dinner for two

To celebrate the Fourth of July, many Westerners traditionally plan a family or neighborhood gathering. Barbecued chicken with hearty accompaniments will feed a hungry dozen or more.

For visiting vacationers, we suggest a refreshing Scandinavian-style supper you can assemble quickly. Or if family members have departed for camp or summer jobs, an Italian-style dinner for two might be the order of the day.

Fourth of July barbecue

This menu for 12 is planned as a cooperative potluck supper — all of the foods can be made or assembled ahead of time and can be transported readily. Or you can easily prepare the whole meal yourself.

Assorted Raw Vegetables
Grilled or Spit-Roasted Chicken
Macaroni Salad
Parmesan Buttermilk Rolls **Butter**
Lemonade **Iced Tea**
Ice Cream **Assorted Sundae Toppings**

Choose a variety of colorful raw vegetables such as celery hearts, cherry tomatoes, carrot sticks, green onions, and cauliflowerets. Arrange in a decorative lunch box or on a platter.

You'll need 12 large chicken legs and thighs (attached) or 3 broiler-fryer chickens (about 3 lbs. *each*) cut in quarters (or whole chickens if you use a spit).

Marinate the chicken in your favorite marinade for several hours or overnight. Grill pieces or quarters about 4 inches above a bed of glowing coals for about 40 to 45 minutes or until meat next to the bone is no longer pink. Turn and baste with marinade often. Or spit roast whole birds according to the manufacturer's directions for your barbecue.

Early in the day, make the rolls (plan to double the recipe if you want seconds), cover, and refrigerate. Then bake them just before serving.

For dessert offer homemade or purchased ice cream (you'll need 2 to 3

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DARROW M. WATT

Garden supper *entrée is flaky patty shell heaped with scallops, grapes*

quarts) and your choice of toppings—flavored sauces such as chocolate or caramel, toasted nuts, or fresh fruit.

Macaroni Salad

- 1 pound salad macaroni
- 12 large green onions, including some of the green tops, sliced
- 4 hard-cooked eggs, chopped
- 1 cup thinly sliced celery
- 12 slices crisply cooked bacon, crumbled
- 1 jar (4 oz.) sliced pimentos, drained
- 1 cup chopped dill pickle
- 1½ cups mayonnaise
- 1 tablespoon prepared horseradish
- 2 teaspoons prepared mustard
- 1 tablespoon dill pickle juice (optional)
- Salt and pepper

Cook the macaroni according to package directions; drain well, rinse, and drain again. Turn macaroni into a large bowl. Add the onion (reserving some of the green tops for garnish), eggs, celery, bacon, pimento, and pickle.

Blend together the mayonnaise, horseradish, mustard, and pickle juice (if used). Stir into the macaroni mixture; season to taste with salt and pepper and garnish with reserved onion tops. Cover and chill 4 to 6 hours. Makes 12 generous servings.—*F. V., Palo Alto, Calif.*

Parmesan Buttermilk Rolls

- 2¾ cups prepared baking mix (biscuit mix)
- ⅓ cup grated Parmesan cheese
- ½ teaspoon oregano leaves (or rosemary leaves or dill weed)
- 1 cup buttermilk
- 1 tablespoon melted butter or margarine

Combine the biscuit mix, ¼ cup of the cheese, and oregano. Add the buttermilk and mix with a spoon to form a stiff dough (dough will be sticky). Turn out on a well floured board, and divi dough into 12 equal pieces. With floure hands roll each into a ball; space even in a well greased 9-inch round cake pa Brush tops with melted butter and spri kle with remaining cheese. If ma ahead, cover and chill up to 4 hours.

Bake, uncovered, in a 425° oven for 2 minutes, or until top is crusty a browned. Makes 1 dozen rolls.—*D. S Sacramento.*

Scandinavian-style supper

You might arrange this supper for s on three trays or platters to carry to t patio on a warm summer evening. Bo the appetizer and dessert trays are a sembled from items purchased at t supermarket. The third tray holds t entrée of hot creamed scallops.

Appetizer-Salad Board
Creamed Scallops with Grapes
Patty Shells or Hot Cooked Rice
Fresh Fruit Tray Cookies

On a large wooden board arrange a v riety of purchased appetizer and sal items and 1 or 2 breads. Choose fro herring in sour cream or wine sauc canned paté or liverwurst, sardine cream cheese, pickled beets, marinate bean salad, cucumber slices, and fla bread, pumpernickel, or buffet rye.

While you are preparing the creame scallops, bake 1 package (10 oz.) froze patty shells as directed on the packag (or buy 6 patty shells from a bakery) cook 1½ to 2 cups long grain rice a cording to package directions.

For dessert, offer a choice of fresh frui —apricots, peaches, plums, melo wedges, berries—and mildly sweet coo ies such as Petit Beurre (butter biscuit or Danish butter cookies.

Creamed Scallops with Grapes

- Court bouillon (recipe follows)
- 1½ pounds scallops (thaw if frozen)
- 4 tablespoons butter or margarine
- 1 medium-sized onion, chopped
- 4 tablespoons all-purpose flour
- 1 tablespoon curry powder
- 1¼ cups light cream (half-and-half)
- 1 teaspoon lemon juice
- 4 hard-cooked eggs, diced
- 1 cup seedless grapes
- Salt, pepper, and nutmeg
- Baked patty shells or hot cooked rice

Prepare the court bouillon. Rinse t scallops, break into bite-sized pieces, an drop into the simmering bouillon. Sim mer, uncovered, for about 5 minutes until scallops are firm throughout. Po bouillon through a wire strainer, retur to boiling, and boil, uncovered, until r duced to about 1 cup. Discard seaso ings and set scallops aside.

In a frying pan melt butter over mediu heat; add onion and sauté until lim about 5 minutes. Stir in the flour an curry powder and cook until bubbly. R move from heat; gradually add the 1 cu

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1 3-oz. package strawberry-flavored gelatin

1 9″ baked pie shell

Thaw berries, then drain off juice. Add enough water to juice to make two cups; heat to near boiling. Add gelatin and stir until gelatin dissolves. Cool until resembles thickness of egg whites. Gently fold in strawberry halves and pour into baked pie shell. Chill until set. Garnish with whipped cream.

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ourt bouillon and cream; cook, stirring, ntil bubbly and thickened. Remove om heat and stir in the lemon juice, callops, eggs, and grapes; season to taste ith salt, pepper, and nutmeg. Return heat until warmed through. Serve in atty shells (pass remaining scallop mixre in a serving bowl) or over rice. Makes 6 servings.—*B. B., San Francisco.*

ourt Bouillon. Combine 1 bottle (8 oz.) am juice, 1 can (about 14 oz.) regularrength chicken broth, 1 bay leaf, 4 hole cloves, 6 whole black pepper, and teaspoon thyme leaves, crumbled. ring to a boil, reduce heat, and simer 5 minutes.

Italian-style dinner for two

eal is a good dinner entrée for two— s festive yet quick to prepare.

Veal Strips with Artichokes
Buttered Green Noodles
Sliced Tomatoes and Avocado
Oil and Vinegar Dressing
Bread Sticks or Crusty Rolls Butter
Melon Wedges with Fresh Lime

eel and slice 2 medium-sized tomatoes. t, peel, and slice 1 avocado. Arrange a platter and pour over about ⅓ cup your favorite oil and vinegar dressing, ating the avocado well so it won't turn own. Cover and chill.

ou can pound and cut the veal ahead. hen sauté the meat and make the sauce hile you cook the noodles.

eal Strips with Artichokes

- ¾ pound boneless veal, in ¼-inch-thick slices
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon *each* pepper and paprika
- 1 jar (6 oz.) marinated artichoke hearts
- 1 medium-sized onion, sliced
- Butter
- ¼ cup regular-strength chicken broth
- 1 tablespoon lemon juice
- ½ cup sour cream
- 2 tablespoons grated Parmesan cheese
- Hot cooked green noodles

im all membrane from veal slices; ace each piece between 2 pieces of xed paper and pound with a mallet til about ⅛-inch thick. Cut each piece o ¾-inch-wide strips. Combine the ur, salt, pepper, and paprika. Dredge eat in flour mixture, shaking off excess. ain the artichoke liquid into a 10-inch ing pan (reserve artichokes for garsh); cook over medium heat until bub-. Add meat strips, a few at a time, d sauté until well browned, 3 to 5 nutes; lift out and set aside. When all meat is browned, add onion to pan d butter, if needed; sauté onion 5 nutes. Add broth and stir to loosen owned bits. Stir in lemon juice, sour eam, cheese, and veal strips. Heat ough and serve over noodles. Garh with artichoke hearts. Serves 2.— *F., Berkeley.* □

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Sweet Cherry. Pit enough sweet cherrie to measure ½ cup, pressed firmly in cup Whirl in blender until puréed. Blend i ¾ cup unflavored yogurt, 1 teaspoo lemon juice, and 2 to 3 tablespoon brown or granulated sugar to taste.

Spiced Peach or Apricot. Peel 1 me dium-sized peach and slice into blende jar (or use ½ cup apricot halves, packe into cup) and whirl until puréed. Add ¾ cup unflavored yogurt and ¼ teaspoo cinnamon; whirl, then blend in 1 to tablespoons brown sugar to taste.

Orange. Grate 1 teaspoon peel from large orange. With a sharp knife cut re maining peel and all white membrane of orange. Slice orange into blender ja with ¾ cup unflavored yogurt, the teaspoon grated peel, and 2 teaspoon lemon juice; whirl, then blend in 1 to tablespoons sugar or honey to taste.

Raspberry. Measure ½ cup fresh rasp berries, packed in cup; purée in th blender, then press through a wir strainer to remove seeds. Return puré to blender, add ¾ cup unflavored yo gurt, and whirl. Blend in 1 to 2 table spoons honey or sugar to taste.

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Smorgasbord *supper lets you make your own open-faced sandwiches of flatbread or pumpernickel, kippered herring, sardines, sliced dried beef; top with imitation sour cream. Pass pickled beets, marinated bean salad, pickles*

Captain's *dinner features curried shrimp on rice (see recipe) topped with condiments: crumbled bacon, chopped egg, salted peanuts, coconut, canned mandarins, chutney*

DARROW M. WATT

Long-cruise menus

Eating well when you're days out of port

Veteran cooks who must stock the galley for extended cruises have learned how to create fresh tasting shipboard meals weeks after they leave port. The limitations they face are not unlike those of campers who depart from the beaten path: limited equipment and space, little or no ice, and no reliable source of fresh produce.

The meals pictured here can be assembled from readily available canned and packaged foods. You use canned products, just as you would their perishable counterparts at home, to give the desired quality of freshness. The menus, each planned for four stalwart shipmates, offer a variety of flavors from foreign shores.

To add fresh greenery to any of these meals, you can sprout alfalfa or cress seeds aboard and harvest the leaves in a few days (see page 230 of the May 1972 *Sunset*).

Smorgasbord Supper

Choose from canned breads, crisp rye wafers, melba toast, or crackers; 2 or more cans of your favorite fish; and 1 jar (2½ oz.) sliced dried beef. Stir freeze-dried chives into imitation sour cream, and add freshly sliced onion to canned pickled beets and bean salad.

Captain's Curry Dinner

Fry and crumble 8 slices canned bacon. Hard-cook and chop 2 or 3 eggs. While the rice cooks, prepare the shrimp.

Curried Shrimp. Heat 2 tablespoons salad oil over medium heat; add 1 onion (chopped) and 2 teaspoons curry powder; sauté 3 to 5 minutes. Stir in 1 can (10½ oz.) condensed golden mushroom soup, about ¾ can water, and 2 cans (4¹ oz. *each*) deveined medium shrimp (rinsed and drained). He through and serve on rice. Serves 4.

Italian Dinner

Drain and arrange marinated artichokes, mushrooms, a pickled vegetables with sliced salami. Cook spaghetti whi the meatball sauce is simmering. Pass cheese.

Meatball Sauce. Soak 1 package (about ½ oz.) Italian dri mushrooms in water to cover for 5 minutes; wash, drain, a chop. Heat 1 tablespoon salad oil over medium heat; add ¹ cup chopped onion and sauté 3 to 5 minutes. Stir in 1 c (about 1 lb.) marinara sauce, ¼ teaspoon *each* oregano a basil leaves, and the mushrooms. Simmer, uncovered, 15 mi utes. Stir in 2 cans (about 1 lb. *each*) meatballs in brov gravy; heat through. Serve on hot spaghetti. Serves 4.

Portable Taco Supper

First prepare gazpacho. Arrange taco makings: ripe olive 1 to 1½ cups shredded Cheddar cheese, and canned slic baby tomatoes (drain liquid into gazpacho). Prepare chile.

Gazpacho. Combine 1 jar (32 oz.) beef and tomato-flavor cocktail; 2 tablespoons *each* bell pepper flakes, chopp onion, and olive oil; 1 tablespoon wine vinegar; and garlic s and liquid hot pepper seasoning to taste. Serves 4.

Spiced Chile. Heat 1 tablespoon salad oil over medium he add ¼ cup chopped onion and sauté 5 minutes. Stir in 1 c (about 1 lb.) chile without beans, ¼ cup raisins, and ¹ teaspoon cinnamon. Heat through. Serves 4.

Italian *dinner begins with antipasto platter of marinated artichokes and mushrooms, salami, mixed pickled vegetables, and bread sticks. Hot dish is spaghetti with hearty meatball sauce (see recipe) and Parmesan cheese*

Portable taco *supper starts with gazpacho (see recipe) to sip, salted pumpkin seeds. Fill taco shells with warm, spiced chile (see recipe), olives, cheese, canned sliced tomatoes*

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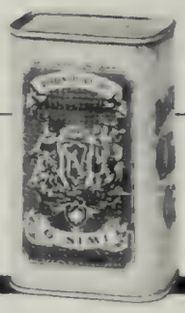

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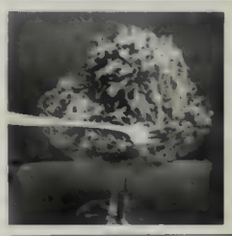

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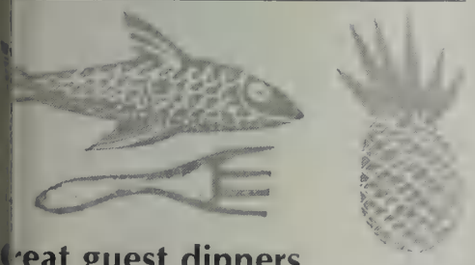

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1 tsp. salt
½ tsp. dry mustard
2 cups milk, scalded
4 eggs, separated
2 tbsp. chopped green pepper
2 tbsp. chopped pimiento

Preheat oven to 350° (moderate). Measure bread cubes, cheese, salt, and mustard into a large bowl. Add milk; blend. Cool slightly. Stir in beaten egg yolks with pepper and pimiento. Fold in stiffly beaten egg whites. Turn into 1½ quart casserole. Bake about 50 minutes, or until firm yet puffy. Makes 4 generous servings ... a main dish.

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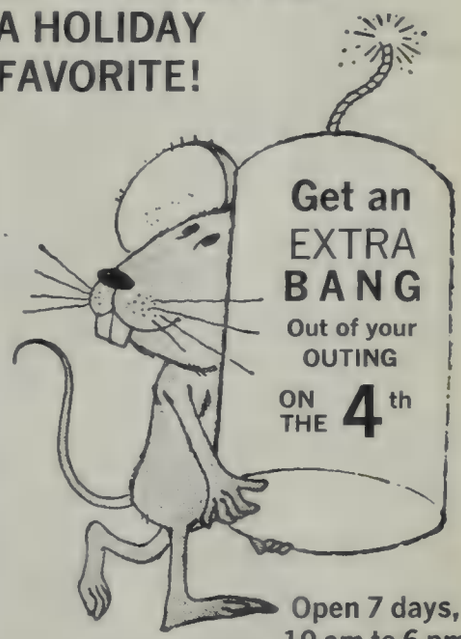

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Cool salad entrées combine seasoned fish, vegetables

To make these cool entrées you combine fish fillets with zesty seasonings and colorful garnishes. Each makes a satisfying main course for a summer lunch or light supper accompanied by hot French rolls or bread.

As a summer convenience, the elements of each dish can be prepared in the cool of the morning, then quickly assembled shortly before serving.

This salad resembles a Western classic, Crab Louis, but inexpensive Greenland turbot is used instead of crab.

Turbot Salad with Louis Dressing

- 2 cups water
- 3 lemon slices
- 1 *each* medium-sized onion and carrot, thickly sliced
- 1 teaspoon salt
- ¼ teaspoon pepper
- About ½ bunch celery
- About 2 pounds thawed Greenland turbot fillets or halibut fillets
- ⅓ cup finely chopped sweet pickles
- Louis dressing (recipe follows)
- Romaine or iceberg lettuce
- 3 hard-cooked eggs, peeled and quartered
- Cherry tomatoes

In a large frying pan (one with a tight-fitting lid) combine the water, lemon, onion, carrot, salt, pepper, and 1 stalk of the celery, sliced; bring to boiling and simmer for 10 minutes. Push vegetables to one side of pan and place fish in pan, spooning some of the vegetables over the fish. Bring back to boiling, cover, and simmer for 6 to 10 minutes or until thickest portions of fish flake readily when poked with a fork. Remove from heat and chill fish in the cooking liquid. Drain fish, discarding liquid, vegetables, and lemon. Pat fish dry and break into bite-sized pieces; cover and refrigerate if done ahead.

Shortly before serving, mix the fish, pickles, 1½ cups thinly sliced celery, and about ¾ cup of the dressing in a bowl. Line a serving platter with the lettuce leaves and mound the salad on top. Garnish by arranging eggs and cherry tomatoes attractively.

Pass remaining dressing in a bowl at the table. Makes 4 to 6 servings.—*J. S., Santa Clara, Calif.*

Louis Dressing. In a small bowl, mix ½ cup *each* mayonnaise and sour cream with ⅓ cup chile sauce, 1 tablespoon lemon juice, and 3 tablespoons chopped green onion with some of the tops; stir until blended.

DARROW M. WAT

Cook *lingcod fillets with lots of onion, celery; chill before serving*

Typical Basque seasonings flavor th fish and vegetables in this dish.

Basque Chilled Lingcod Platter

- ½ cup olive oil or salad oil
- 4 large onions, thinly sliced
- 4 cloves garlic, minced or mashed
- 2 cups thinly sliced celery
- ¾ teaspoon thyme leaves, crumbled
- Salt
- ½ teaspoon pepper
- About 3 pounds lingcod fillets or halibut fillets, cut in serving-size pieces
- ½ cup finely chopped parsley
- 2 large tomatoes, seeded and coarsely chopped
- 1 can (3½ oz.) large pitted black olives

Place a large frying pan (one with a tight fitting lid) on medium high heat; pour i the oil and sauté onions until soft, abou 10 minutes. Stir in the garlic, celery thyme, 1 teaspoon salt, and pepper. Pus mixture to one side of the pan. Rins fish, salt lightly, and place a single laye in the pan, spooning some of the vege table mixture over the fish. Heat unt bubbly, cover, reduce heat to low, an cook 10 to 15 minutes or until thickes portions of fish flake readily whe pierced with a fork. Use a wide spatul to lift fish from pan and arrange on th serving dish; cover and chill.

Boil vegetable mixture, stirring occa sionally, for 7 to 10 more minutes or un til it becomes a thick sauce. Pour into small bowl, cover, and refrigerate.

Shortly before serving, stir parsley int vegetable mixture; pour over the fish o the serving platter. Garnish with toma toes and olives. Serve cold. Serves 6.— *A. S., San Francisco.*

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THOMAS DUBAY

In 10 hours *the Thomas DuBay family of Santa Rosa, California, built an oven. They bake bread, roast venison*

ROBERT HARTMAN

At the Hacienda *del Sol resort in Tucson, the Robert Hartmans feature pueblo oven bread on the menu*

Pueblo oven . . . more building, more cooking ideas

From one baking *in our oven came this meal of apple pie, roast turkey, yams, bread*

New taste twist in barbecue

Mix it in. Spread it over. Baste with it. Just look at all the ways you can use Lipton Onion Soup Mix: as Onion Butter. Onion Barbecue Sauce. And in mouth-watering Lipton Onion Burgers. Try these easy recipes with Lipton Onion Soup Mix next time you cook outdoors. It's the new way to season for the summer.

Onion Burger

1 envelope Lipton Onion Soup Mix
2 pounds ground beef
½ cup water

Combine Lipton Onion Soup Mix with meat and water. Shape into 8 patties. Grill over charcoal, or broil.

DARROW M. WATT

The picture on *Sunset's* cover last August showed a homemade pueblo oven, and the issue included directions for making the oven and baking bread, meat, and vegetables in it.

This is a sequel to that story.

We got so involved with the oven, and had so much fun that we thought our readers might do the same. So we invited readers to let us know about their successes and failures. After receiving their responses and requests for additional recipes, we did more testing in *Sunset's* oven in order to prepare this second report on the pueblo oven.

Readers reported that once the oven gets hot enough, not only bread but the rest of a meal could cook in it. Some cooked pizza. Some readers use the oven on regular weekly bake days.

Some construction thoughts

After a year in the weather and with frequent firings, our pueblo oven is still intact, and with fresh paint it's about as good as new. We mended some *exterior* nicks with epoxy-base concrete patch. Cracks that appear when the oven heats will close up as it cools.

The door finally charred too much to be useful. Also some of the adobe had chipped away from the oven opening, thus enlarging it. So this year we took a reader's suggestion and fitted the oven with a new door and faced it with ¼-inch asbestos for protection.

Most readers made the oven following our directions; others refined the adobe mixture and the curing process for greater durability, and to minimize cracking. For additional ways to stabilize adobe you can refer to *Making the Adobe Brick,* by Eugene H. Boudreau (Fifth Street Press, Berkeley, 1971; $2.95), reviewed in this issue of *Sunset,* page 82.

Oven-building refinements that readers suggested included using concrete, mortared bricks, more reinforcing wire, thicker walls. Some used fire brick, but our low-fired brick has held up well.

In an area with very cold winters, one reader shielded the oven with a sheet metal roof. Another didn't relish the idea of bending over, so he built the oven on a waist-high platform of concrete blocks, and made a storage area for all the equipment inside the base.

We used wet rags to plug the draft hole,

with Lipton® Onion Soup Mix.

Onion Butter

1 envelope Lipton Onion Soup Mix
½ pound butter or margarine

Blend Lipton Onion Soup Mix thoroughly with softened butter or margarine. Makes about 1¼ cups. Store covered in refrigerator.

Try Onion Butter spread on hot cooked ears of corn.

Or butter uncooked corn and wrap in foil for roasting over hot coals or in 400° oven 20 minutes.

Try these, too: sliced French or Italian Bread spread with Onion Butter, wrapped in foil, and heated 15-20 minutes. Onion-Buttered baked potatoes, noodles or vegetables. Onion-Buttered minute steaks or hamburgers.

Onion Barbecue Sauce

1 envelope Lipton Onion Soup Mix
1 cup chili sauce
½ cup firmly packed dark brown sugar
¼ cup lemon juice
1 tablespoon prepared mustard
1½ cups water

In medium saucepan, combine Lipton Onion Soup Mix, chili sauce, brown sugar, lemon juice, mustard and water. Bring to boil and simmer, uncovered, 20 minutes. Makes about 2½ cups sauce.

Use as a basting sauce for barbecuing chicken, steaks, chops, kabobs, hamburgers, spareribs or frankfurters.

NORMAN A. PLATE

Last November *an elementary class of the Wagner Ranch School in Orinda, California, re-created Thanksgiving 1621, and built a pueblo oven*

but readers improved on this. While constructing the oven one wrapped an empty metal can in building paper and shaped adobe around it; another did the same with a flower pot. Fitted with handles both made easily-removed draft stoppers after the oven dried.

Heating the oven

After 2½ to 3 hours with a vigorous fire inside and then cleared, the oven should be at a temperature of about 600°. But our readers reported that sometimes it wasn't, usually because the oven was so full of wood that air could not circulate well enough to ignite all the fuel; from the front the fire looked great, but the back of the oven would be too cool. You should be able to see the back of the oven while the fire is burning.

Some readers extended the baking period by returning a pan of hot coals to the closed oven. Others let the fire burn longer in the beginning. Although this doesn't raise the initial heat much high-

er, the amount of time the oven retai a baking heat (300° or above) will be e tended. Normally it should hold t temperature at least 3 hours, but it m be for as long as 4 hours.

We snuffed our coals in a covered b becue. Some readers used a metal g bage can with a lid, and others drown the coals with water, then let them d You can reuse any large pieces of ch coal in the next heating of the oven. T principal drawback of the oven is its e travagant use of firewood.

More cooking in a pueblo oven

Once the oven is hot, it can be filled capacity without appreciably affecti its cooking behavior (a conventio oven filled equally would cool excessi ly). Shown in part on the preceding pa is a meal we cooked—a 13-pound t key, yams, a large fruit pie, and t loaves of bread—enough for 12 to people. It is difficult to get this mu food in the oven, but some reade proudly recorded meals of equal size.

Heat the oven according to the pro dure described on page 52 of the Aug 1971 *Sunset*. Then we suggest the add step of sweeping out the oven after mo ping it if you are going to bake direc on the floor. When you check the te perature with a mercury oven thermo

Cook pizza, turkey, roast beef, vegetables, even a whole meal

er, let the thermometer register for 5 nutes before reading it.

ou can use the oven as soon as the heat es down to 550°. Then when it drops about 350° it maintains its most con- int temperature and any dish, includ- breads and rolls, that bakes at about is temperature in 2 hours or less in a nventional oven can also be baked in e pueblo oven. The timing will be sim- r to that of a conventional oven, but t exactly, so you must watch the foods d test for doneness—pulling foods to e cool front of the oven if they brown much, or pushing them back if they own too little.

e the table of contents for more about king in an adobe oven.

zza

bake homemade pizza or thawed, zen pizza of any size: Slip from a rnmeal-dusted paddle directly onto en floor when temperature reads 550°. *ave door open* and cook about 5 min- s or until pizza is browned; rotate ce with the paddle, if needed, to own edges evenly. To bake more than e pizza, fill the oven from front to ck since the back is the hottest.

hen the oven drops to 450°, set the or in place; the pizzas take about 10 nutes to brown, but check in 5 min- utes and if the temperature has gone over 500°, remove door and let cool to 450° before closing again.

You can continue to bake pizzas as the oven cools, but time required for brown- ing will gradually increase.

Meats

Place meat, fat side up, on a rack in a close-fitting pan. When the thermometer registers between 500° and 450° (with door open), push the meat to the back of the oven. Close door when temperature has dropped to 350° to 325°; check in 5 minutes, if over 400°, open door and let cool to 350° again. For more meat, use two cuts of the same size, rather than a larger cut. Check every 30 minutes dur- ing last hour; times are approximate.

Broiler-fryer chicken, 3 to 4 pounds, cooked until legs jiggle readily; takes 45 minutes to 1 hour.

Pork loin end or pork butt, about 4 pounds, cooked to internal temperature of 175°; takes 2 to 2½ hours.

Boneless beef cross rib or sirloin tip roast, about 5 pounds, cooked to internal temperature of 135° to 140°; takes 1 hour and 30 to 45 minutes.

Leg of lamb, about 6 pounds, cooked to internal temperature of 150° to 155°; takes 1 hour and 40 to 55 minutes.

Beef rib roast, about 10 pounds, cooked to internal temperature of 135° to 140°; takes 2 hours and 30 to 50 minutes.

Turkey, unstuffed, about 13 pounds, cooked to breast internal temperature of 175° or thigh internal temperature of 185°; takes 2 to 2½ hours. (If the turkey is roasted breast down, turn breast up after 1 hour.)

Whole vegetables

Add when oven temperature, with door opened, has dropped to 350°; check 5 minutes after door is closed and if 400° or over, open and cool to 350° again, then close.

Baking potatoes in jackets (medium to large size) give easily to pressure after about 1 hour and 10 to 25 minutes.

Onions in skins (medium to large size) give easily to pressure after about 1 hour and 10 to 25 minutes.

Yams or sweet potatoes (large) give readily to pressure after about 1 hour to 1 hour and 15 minutes.

Beets with tops and root ends trimmed (about 2½-inch diameter) give slightly to pressure after about 1 hour.

Corn in husks (silks removed and husk tied over ear to keep well covered) cooks in 20 minutes.

To serve, split vegetables open or peel and serve with butter, salt, and pepper. □

Rabbit and ham, deliciously mixed

A terrine is a savory meat loaf that the French serve cold. Traditionally it is a simply seasoned ground meat mixture that has chicken livers, sausages, or strips of meat embedded in each slice.

The terrine described here has layers of chicken livers and strips of delicate light rabbit meat surrounded by subtly seasoned ground ham and rabbit.

You may find rabbit already cut and packaged in your market's frozen food section. Whole, dressed fresh rabbit is available in some meat markets and most poultry stores; some markets will even bone the rabbit for you. If you bone the rabbit yourself, a small sharp boning knife will save time.

Assemble the terrine at least a day before you plan to serve it; the dish will stay fresh in the refrigerator for almost a week. Serve slices alone or on bread for superb open-faced sandwiches.

Rabbit and Ham Terrine

Place 6 slices of bacon in a pan, cover with water, and bring to a boil. Reduce heat and simmer for 20 minutes; drain.

You'll need a 2½ to 3-pound rabbit, cut in serving pieces (defrost frozen rabbit), rinse and pat dry. To bone it yourself, cut meat from bones; reserve kidneys. Cut enough meat pieces in ½-inch-wide strips to make 1½ cups; mix in a bowl with ¼ cup dry Sherry.

Force remaining meat through the fine blade of an electric food chopper (or if you use a manual food chopper, first force the meat through the medium blade, then chop meat as finely as possible with a sharp knife); you should have about 2 cups.

In a frying pan over medium low heat cook 1 large onion (chopped) and 1 clove garlic (minced or mashed) in 3 tablespoons butter or margarine until soft. Add ¼ pound chicken livers (cut in halves) and the rabbit kidneys and cook just until firm but still pink inside, about 12 minutes. Remove livers and kidneys from pan and set aside; pour ¼ cup brandy into pan with onion and garlic and ignite. Boil rapidly, stirring, until liquid has evaporated; remove from heat. (If brandy doesn't flame readily, continue as directed.)

In a large bowl lightly beat 2 eggs. Add the 2 cups chopped rabbit meat, 1¼ pounds ground cooked ham, 2 tablespoons *each* flour and heavy cream, ¼ teaspoon *each* pepper, nutmeg, and poultry seasoning, and the onion mixture.

Arrange 2 whole bay leaves and 8 whole black peppers on the bottom of a 9 by 5-inch loaf pan; then lay 3 slices of the prepared bacon lengthwise on top. Spread about a third of the ground meat mixture in the pan; arrange half of the strips of rabbit lengthwise on meat mixture and top with half of the livers and one of the kidneys.

Drain Sherry from remaining meat strips and add Sherry to remaining ground meat mixture. Add another third of the ground meat to the pan, then top with remaining meat strips, livers, and kidney. Spread remaining ground meat on top and pat down to make level. Cover tightly with foil and set pan in a larger pan; fill pan with about 1 inch hot water. Bake in a 350° oven for 2½ hours.

Carefully lift hot loaf pan from oven and let cool, covered, about 45 minutes at room temperature. Set in another pan and refrigerate; remove foil and set a smooth-surfaced pan (such as a pie pan) on top and set a weight in the pan (such as a large juice can). Chill thoroughly; remove weights; cover pan tightly.

Plan to serve the terrine at least a day after it is made; it will stay fresh up to 5 days. Keep cold until ready to serve.

Run the blade of a knife around edge of pan to loosen meat loaf. Invert onto serving board; remove whole peppers and scrape off fat. Cut into slices to serve. Makes 10 to 12 servings.—*C.S., Palo Alto, Calif.* ▫

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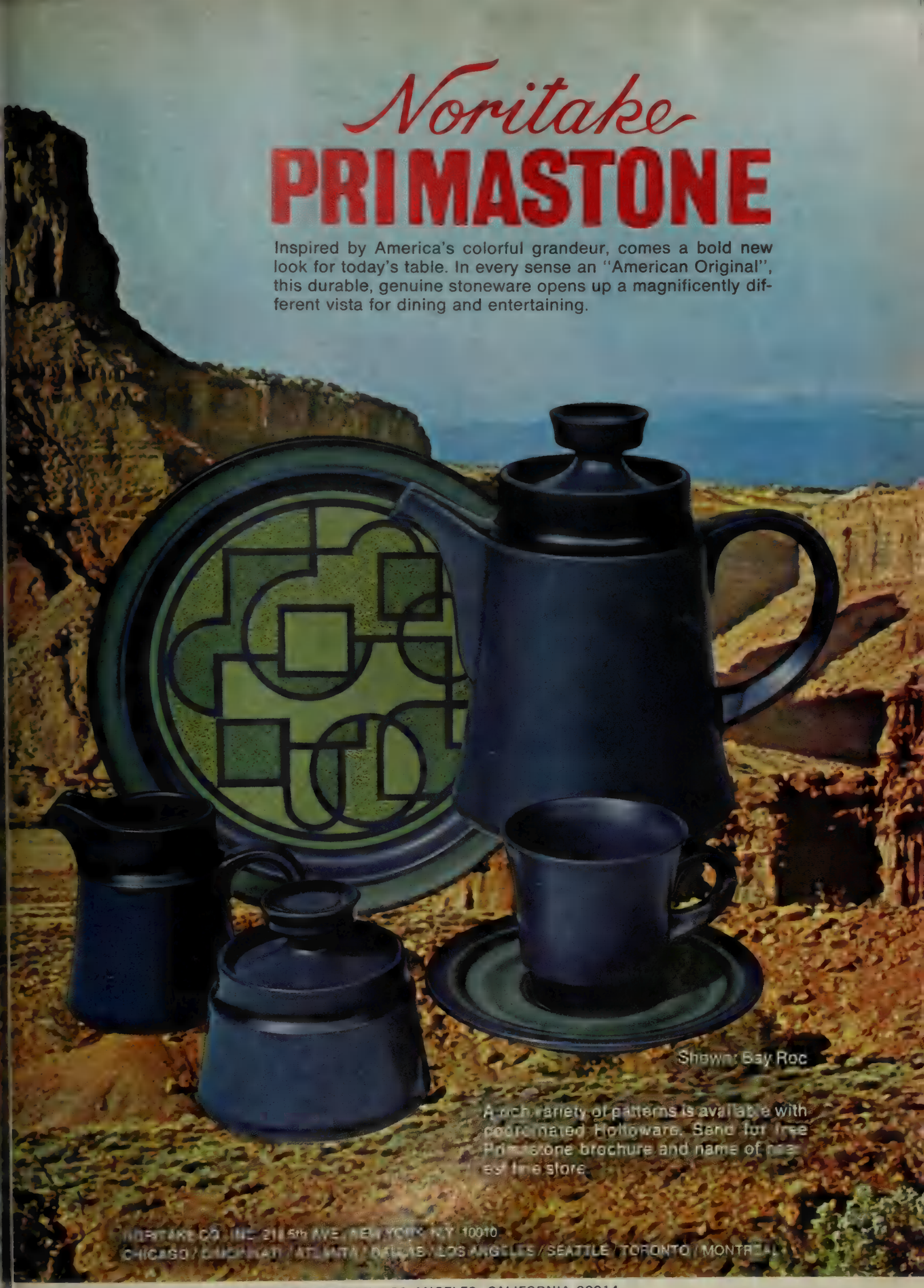

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DARROW M. WA

Hot, buttery *peaches with spicy lamb; serve with yogurt sauce*

A lamb stew with peaches

The diverse countries that cluster at th eastern end of the Mediterranean shar a unique cooking style in which spice and fruit are often used with meat. Th cuisine inspired this interesting recipe.

Sweet spices season the lamb as it cook and it's served with hot peaches. Pa a bowl of cool yogurt to complete th delicate flavor balance.

Lamb Persian Style

- 1 tablespoon salad oil
- ½ cup chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon *each* ground cinnamon and cloves
- 2 tablespoons sugar
- 2 pounds boneless lamb shoulder, cut in bite-sized pieces
- About 2 tablespoons water
- 2 tablespoons lemon juice
- About 1 pound peaches or nectarines
- 1½ tablespoons butter

Heat the oil in a Dutch oven over me dium high heat. Put in the onion, an sauté, stirring, until browned, about minutes. Then stir in the salt, peppe cinnamon, cloves, and sugar. Add th meat, turning it to coat with the onio mixture. Add 2 tablespoons water an the lemon juice; simmer gently for abou 1 hour and 10 minutes or until meat tender. Stir often and add a little mor water if needed. Skim off any fat an turn into a serving dish.

Meanwhile cut nectarines or peele peaches into thick slices. Heat the butte in a frying pan over medium heat. Pu in fruit and cook, turning gently, jus until heated through, about 3 minute Arrange on top of the meat. Makes servings.—*H. N., San Francisco.*

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San Diego Burgers

2 pounds ground beef
* * * * *
1 C. Kraft Mayonnaise
1 C. Dairy sour cream
1½ T. sliced green onion
12 peeled avocado slices
Crisply cooked bacon, crumbled
6 pineapple slices, drained

First, choose ripe avocados, ones that yield gently to pressure (dark or green-skinned, the fruit is the same). Shape ground beef into six patties; grill to desired doneness. Spoon combined Kraft real Mayonnaise, sour cream and onion on top of burgers. Top with avocado slices and bacon. Served with grilled pineapple slices. 6 servings.

California Avocado Advisory Board

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Bean casseroles that begin with a can of beans

DARROW M. WAT

Sweet and sour *beans stay warr on barbecue while hamsteak grill*

A casserole of beans is a favorite choice to accompany barbecued meats, but sometimes the soaking and cooking required to prepare dried beans takes too much time.

As a shortcut, these recipes are all based on canned beans, which need cooking only to heat them through and meld flavors. If you're serving them with barbecued meats, you can set the pot of beans on the grill to keep warm.

These sweet and sour beans are especially good with grilled hamsteaks or glazed country-style spareribs.

Sweet and Sour Beans

In a large frying pan eook 6 slices bacon (diced) until crisp; remove bacon with a slotted spoon and drain. Add 1 onion (chopped) to pan drippings and sauté until limp. Add 1 can (1 lb.) Italian-style pear-shaped tomatoes, 3 tablespoons red wine vinegar, ¼ cup packed brow sugar, ¼ teaspoon *each* ground ginge and nutmeg, and 1 tablespoon soy sauce

Bring tomato mixture to boiling ove highest heat, stirring to break up toma toes; boil to reduce amount to about 1½ cups. Drain 2 cans (about 15 oz. *eacl* red kidney beans and add to pan. Cove and simmer until beans are heated. St in bacon and, if desired, transfer to serving dish. Sprinkle with 1 tablespoo minced parsley. Makes 6 servings.

Excellent served with beef, you can als offer this bean casserole in Mexica menus as you would refried beans.

Bean Casserole

In a shallow casserole of about 2-qua capacity, combine 2 cans (15 oz. *eac* pinto beans (drained), 1 can (15 oz chile with beans, 1 can (8 oz.) bean d with jalapeños, 1 green pepper (seede and chopped), ½ cup minced gree onion, and 2 tablespoons tomato-base chile sauce; stir to blend, then sprea mixture in an even layer in the casserol Sprinkle with 1 cup shredded Chedd cheese. Bake, uncovered, in a 325° ove for 45 minutes or until heated throug Serves 6 to 8.—*M.J., Tucson.*

Serve this hot salad of beans, onion, an tomato with grilled beefsteaks.

Hot Bean Salad

In a saucepan combine 1 can (15 oz garbanzos, 1 can (15 oz.) pinto bean and 1 can (about 15 oz.) red kidn beans. Bring beans to simmering ov medium heat, then simmer gently, un beans are hot.

Meanwhile, combine in a shallow, hea proof serving bowl 1 cup thinly slice celery, 1 small red onion (thinly slice and ¼ cup minced parsley. In a ja combine ⅓ cup olive oil, ¼ cup wi vinegar, ½ teaspoon salt, and ¼ te spoon *each* pepper and dry mustar cover and set aside. Drain beans and a to vegetables. Shake dressing to mix a stir into salad. Cut 2 tomatoes in wedges and arrange around salad. Mak 4 to 6 servings.

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DARROW M. WATT

Present *chicken, vegetable, and noodle dish like salad; mix to serve*

The Koreans call it "chicken with four colored vegetables"

Most of us know less about the food and cooking of Korea than of China or Japan. It is significantly different from other Oriental countries, though influenced by Cantonese cuisine. Koreans season foods with soy sauce but go easy on ginger. They use more pepper and more sesame seed and sesame oil.

This cook-ahead dish, called chicken with four colored vegetables, is considered company fare in Korea, and our simplified version makes an interesting entrée to serve guests for lunch or dinner. It resembles a Chinese stir-fried dish but is served at room temperature.

The four colored vegetables are white onion, brown mushrooms, orange carrots, and green beans.

You may need to shop in an Oriental market for the dried mushrooms, toasted sesame seed (or toast regular seed, stirring in a frying pan until golden), and translucent noodles called for here. The noodles look like nylon fishing line and are called bean threads or long rice. Or you can use canned *shirataki* (yam noodles). Have all ingredients ready before you begin to cook.

Chicken with Four Colored Vegetables

- 1½ pounds chicken breasts, skinned and boned
- About ½ cup soy sauce
- 1 bunch (about 6) green onions
- [illegible] to 1 ounce Oriental dried mushrooms
- Warm water
- About [illegible] ounces thin translucent noodles or 1 can (about 1 lb.) shirataki (yam noodles)
- 3 small carrots
- About ⅓ pound green beans, strings and ends removed
- About [illegible] tablespoons salad oil
- 1 large clove garlic, minced or mashed
- ¼ teaspoon *each* sugar and pepper
- [illegible] tablespoons toasted sesame seed

Cut chicken with the grain into 1½-inch-wide strips. Slice each strip about ⅛ inch thick across the grain. (You may find this easier if chicken is partially frozen.) Put chicken into a bowl with 1 teaspoon of the soy sauce and the white part of 1 green onion, finely minced. Mix and set aside.

Cover mushrooms with water; soak at least 30 minutes. Rinse and cut off and discard stems. Cut mushrooms into ½-inch-wide strips.

Cover dry noodles with water and let stand about 1 hour; drain. (Or drain canned noodles.) Cut either noodles into 3 to 6-inch lengths; set aside, covered.

Cut carrots in long slanting slices that are about ⅛ inch thick and 1¼ inches long. Slice the beans and remaining green onions (with some of the tops) in pieces about the same size as carrots. (Slice some of the remaining onion tops and save for garnish.)

Place a large frying pan on medium high heat. Put in 1 tablespoon of the oil, the onions, and mushrooms. Sauté, stirring, 1 minute; pour out of pan into a bowl. Add 1 more tablespoon oil to pan; put in carrots and beans and stir for 5 minutes. Add the garlic, sugar, pepper, 1 tablespoon of the sesame seed, and 3 tablespoons of the soy. Return onions and mushrooms to pan; cook, stirring, until vegetables are tender but slightly crisp, about 3 minutes. Pour vegetables back into the bowl.

Add another 1 tablespoon oil to pan along with the chicken and sauté, stirring, until it turns an opaque white throughout, about 3 minutes; stir in 1 tablespoon of the soy sauce. With a slotted spoon, transfer chicken to a small bowl, leaving any juices in pan. Add remaining 2 tablespoons oil and the noodles to the pan and stir until heated through and pan juices are absorbed; spoon into a wide serving bowl. Arrange chicken and vegetables separately in the bowl. Sprinkle with 1 tablespoon soy, remaining 1 tablespoon sesame seed, and reserved onion tops. Serve at room temperature. Mix at the table and pass additional soy sauce. Makes about 4 servings.—*L. P., Honolulu.* □

Elements *of Korean chicken dish. Cut vegetables in long, slanting slices to make all pieces similar size. Cut chicken same way. Cut noodles in short lengths*

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Delicious escape from the ordinary! *Creative cooks relish the "new idea" inspirations subtle, zesty Kikkoman Hawaiian teriyaki sauce brings their menus. A mere dash or two does it...* **Marvelous!**

DARROW M. WAT

Hollowed *tomato shell holds salad of marinated green beans and mushrooms*

These tomatoes hold a salad

With ripe tomatoes so plentiful, consider using them as edible containers for cool summer salads. The fillings suggested here are both flavorful vegetable mixtures; serve either one as a colorful first course or with meats.

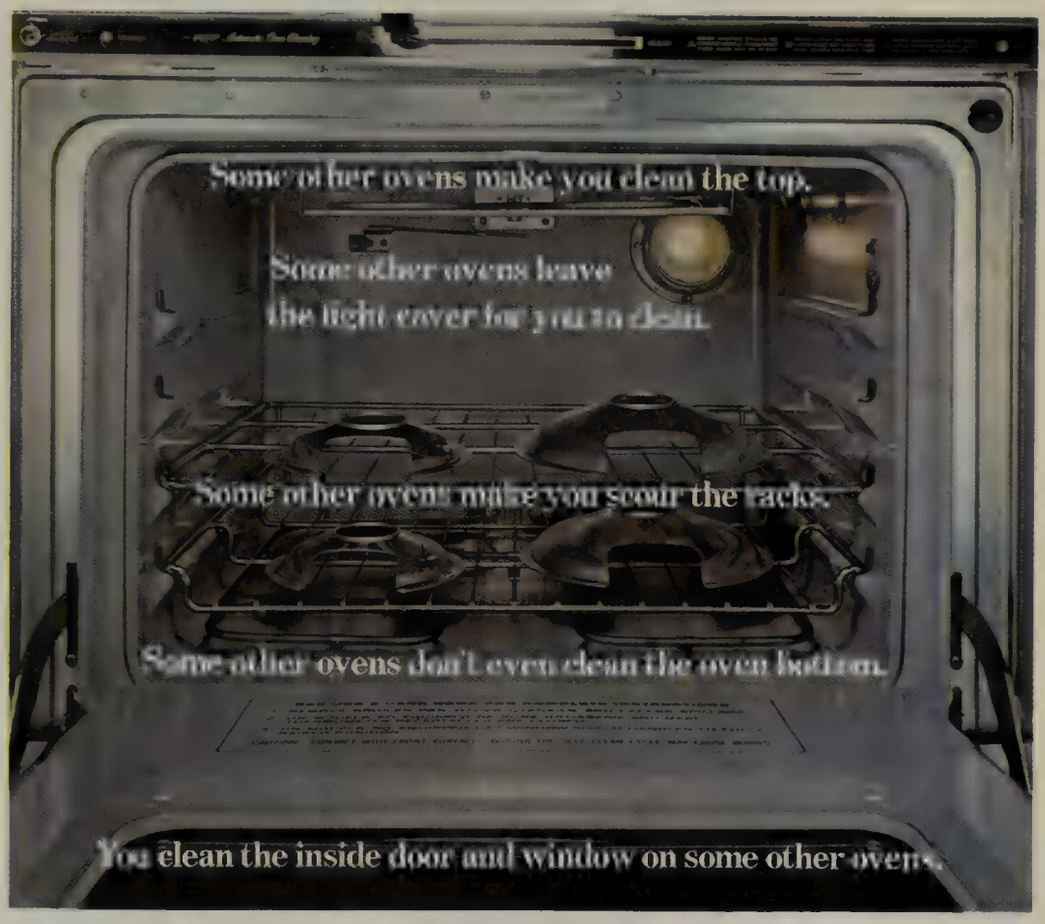
Stuffed Tomato Salads

Cut the tops off 6 medium-sized firm-ripe tomatoes. Scoop out pulp and invert to drain; cover and chill. (Use tomato pulp in a cooked sauce or stew within a few days.) Make either of the two fillings (recipes follow); divide filling mixture equally and spoon into each tomato shell. Cook 4 slices bacon until crisp; drain, then crumble and sprinkle over tops. Makes 6 servings.

Italian Green Bean and Mushroom Filling. Combine 3 tablespoons olive oil, 1 tablespoon vinegar, 2 teaspoons lemon juice, ¼ teaspoon *each* salt, dry mustard, and oregano leaves, ⅛ teaspoon paprika, 1 teaspoon minced parsley, and a dash thyme; cover and let stand several hours. Then stir in ¼ pound small mushrooms, thinly sliced, and ½ cup thinly sliced green onions; chill 1 to 2 hours. Then stir in 1 package (9 oz.) frozen Italian green beans, thawed and drained; chill 1 to 2 hours longer.

Creamy Cucumber and Dill Filling. Combine 1 cup sour cream, 1 tablespoon vinegar, and ½ teaspoon *each* sugar and dill seed. Cover and chill 2 to 4 hours. Peel 2 large cucumbers and cut into ⅛-inch-thick slices; cut slices into quarters and combine with 1 teaspoon salt; let stand 30 minutes. Drain, rinse, and drain again. Before serving, stir cucumbers into dressing.

General Electric Ranges with Total-Clean™ Ovens lean parts of an oven others expect you to clean.



All ovens that claimed to clean themselves aren't created equal. What's the difference? One works by heat. While the other, called "continuous cleaning," depends upon a dark-colored porous enamel. This porous surface is designed to soak up splatter and grease as you use the oven. But since many parts of the oven can't be made with this porous finish, you're expected to lend a hand.

The General Electric Total-Clean self-cleaning system is completely automatic. It cleans the entire oven interior. All you do is latch the door and set the control. Spills, greasy spots and oven soil are decomposed by the heat. General Electric pioneered the Pyrolytic self-cleaning oven, so it's probably no surprise that we have the largest selection of Total-Clean Ovens.

P-7 plus double ovens

The J797 Americana.® The lower oven has the P-7® Total-Clean System. Removable panels and shelves in the upper oven can be cleaned in the P-7 Lower oven. Other features include: dependable solid-state oven temperature control, Sensi-Temp™ automatic surface unit with griddle, automatic rotisserie, meat thermometer, infinite heat surface units, two picture window doors. Available in Harvest, Avocado or White.

P-7 free-standing models

The J757 is a free-standing 30″ model. In addition to the P-7 Total-Clean Oven, you get a solid-state oven temperature control, no-drip cook-top, with Sensi-Temp automatic surface unit and griddle, automatic rotisserie, meat thermometer, infinite heat surface units and picture window oven door. Available in Harvest, Avocado or White.

P-7 top and bottom wall ovens

The JK29 is a 27″ built-in double-oven with two Total-Clean Ovens. Other features: dependable solid-state oven temperature control, picture window door in both ovens, easy-set oven timer, rotisserie, and automatic meat thermometer. Counter top surface units with matching exhaust hoods are available. All in Harvest, Avocado or White.

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GENERAL ELECTRIC

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Purina: More of what your cat loves.
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Instead of salad, a vegetable soup

egetable-laden soups can sometimes idge salads from their accustomed ace beside summer meals. Garden esh vegetables retain bright colors and ctures in this hot soup and stay crisp the two cold soups. Try serving the illed soups in mugs for guests to sip they stroll through the garden.

esh garden herbs are blended with tter and shaped into balls that season s hot soup as they melt.

egetable Soup with Herb Butter Balls

- ½ pound asparagus
- 1 medium-sized carrot
- 2 small new potatoes
- 5 cups regular strength chicken soup or beef broth
- 1 tablespoon lemon juice
- ⅓ cup thinly sliced green onions
- Herb butter balls (directions follow)

it tough ends from asparagus and dis- rd; cut spears diagonally into ½-inch nting slices and set aside. Scrape or el the carrot and dice into pieces out ⅓-inch square. Peel potatoes and t into ½-inch cubes.

a saucepan, combine chicken broth d lemon juice and bring to boiling. ld the potatoes; cover; when boiling umes, cook 5 minutes. Add the car- s, cover, and cook 5 minutes more. ld the asparagus and green onions; ok 5 minutes or until vegetables are t tender. Ladle soup into bowls and ve herb butter balls so diners can sea- soups individually. Makes 6 to 8 vings.—*H.N., San Francisco.*

rb Butter Balls. In a small bowl mix ether until blended 4 tablespoons lb.) slightly softened butter or mar- ine and 2 teaspoons minced parsley. en add one of these fresh herbs: 1 tea- oon minced tarragon leaves, basil ves, or rosemary leaves, or 2 tea- ons chopped chives. If you don't have sh herbs, use ½ teaspoon of one of herbs dried, or 2 teaspoons frozen freeze-dried chives. Shape mixture a ball and float in ice water until n. Cut ball into 16 equal portions. ing chilled wooden butter paddles or ir hands, shape portions into balls. ill balls in ice water. Serve on ice.

e cool Spanish-style *gazpacho,* this p of crunchy vegetables is laced with t, in this case from taco sauce.

illed Vegetable Soup

4 large tomatoes in boiling water, n in cold water; pull off peels. Coarsely chop tomatoes. Peel 1 small cucumber and coarsely chop. Remove seeds and dice 1 green pepper. Thinly slice 3 green onions.

In a saucepan, combine and bring to boiling 3 cups regular strength chicken broth, 2 cups tomato juice, 2 tablespoons *each* lemon juice and green taco sauce, 1 tablespoon sugar, ½ teaspoon garlic salt, and ¼ teaspoon pepper. Stir in the vegetables. Heat, uncovered, until mixture returns to boiling; remove from heat, cover, and chill until time to serve. Serve soup in bowls or mugs. Makes 8 to 10 servings.—*L. S., Everett, Wash.*

Buttermilk adds a refreshing tang to this chilled cucumber soup.

Creamy Cucumber Soup

Peel 3 large cucumbers and cut in half lengthwise. With the bowl of a spoon scoop out and discard cucumber seeds; coarsely chop cucumbers. Stir together 1 quart buttermilk, 1 cup regular strength chicken broth, 1 teaspoon Dijon-style mustard, 1 teaspoon sugar, and ½ teaspoon dried dill weed; stir in the cucumbers and chill mixture thoroughly. Taste soup and season with salt and pepper if needed. Serve soup in bowls or ladle into mugs. Garnish servings with finely minced watercress or chives. Makes 8 to 10 servings.—*H.N., San Francisco.* □

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The spiny lobster made the mistake of surviving into the era of man

The point of Hulsey Lokey's recipe is California spiny lobsters, but, like so many creatures who made the mistake of surviving into the era of Man, these are in diminishing supply.

All is not lost. The frozen rock lobster tails stocked in your market will do nicely with Mr. Lokey's delicate sauce.

Lokey Lobster

[illegible] cooked spiny lobsters (about 1½ lbs. [illegible] 4 frozen raw rock lobster [illegible] 8 oz. *each*), thawed
[illegible] water
[illegible] or margarine
[illegible] flour
[illegible]
[illegible] cup [illegible]
[illegible] teaspoon [illegible]
[illegible] tablespoons [illegible]
[illegible] teaspoon salt
About [illegible] tablespoons grated Parmesan cheese
Paprika

Ask your fish dealer to clean the cooked spiny lobsters. (If you use rock lobster tails place in boiling water, return to boiling, then reduce heat, cover, and simmer about 8 minutes; drain.) Loosen meat from shells, and cut in bite-sized pieces reserving shells.

In a saucepan, melt the butter over medium heat and stir in the flour; cook until bubbly. Add milk and cream slowly, blending with a fork or whisk to prevent lumps, then cook, stirring, over medium heat until thickened. Blend in dill, wine, and salt.

Add lobster pieces to sauce, heat through, then spoon evenly back into their shells. Sprinkle each with about 2 teaspoons of Parmesan and a little paprika and place under broiler about 4 inches from heat for about 2 minutes. Serve immediately.

Hulsey Lokey

Santa Monica, Calif.

Chefs of the West®

The Art of Cooking . . . by men . . . for men

Flummery is a Celtic word, and in its original Welsh form is one of those horrifying combinations of double L's and W's that Welshmen use like a secret code to keep foreigners from learning the language of the bards. The original

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recipe was [illegible] of oa[illegible] mush. Somehow, th[illegible]ugh the yea[illegible] has become a fruit pudding thickened with cornstarch, [illegible] Cerrito, California [illegible] of it, using [illegible]

Any berries will do; [illegible] may want to increase the sugar if the berries you use are tart.

Flummery

- 2½ cups strawberries, washed and hulled, or other berries such as raspberries, blueberries, blackberries, washed
- 2 cups [illegible]
- About [illegible] cup sugar
- ½ teaspoon salt
- 3 tablespoons *each* cornstarch and water
- 1 cup whipping cream

Set aside about ½ cup whole berries for garnish. Mix remaining berries, the 2 cups water, sugar, and salt in a saucepan, bring to a boil, reduce heat, and simmer 5 minutes. Blend cornstarch and the 3 tablespoons water to make a smooth paste and stir into the cooked mixture. Cook, stirring, until mixture thickens, and sauce is clear, about 3 minutes.

Remove from heat and cool to room temperature. Then whip cream until stiff and fold into pudding; transfer to a serving bowl. Garnish with whole berries, cover, and refrigerate. Makes 6 to 8 servings.

Jim Campbell

El Cerrito, Calif.

The meat rolls called *Rouladen* allow for considerable variation. The German word has French origins, and the recipe itself falls into that family of preparations which includes veal birds (what the French call *petits oiseaux sans tête*).

Chef Murray Segal uses round steak as a wrapper and rolls it around a fruity sausage mixture. He serves the rouladen with sautéed noodles. Delicious.

Sausage-Stuffed Rouladen

- ½ pound bulk pork sausage
- 1 small onion, chopped
- 1 medium-sized apple, chopped
- ¼ cup raisins
- 3 tablespoons fine dry bread crumbs
- About ¼ teaspoon salt
- About ⅛ teaspoon pepper
- 2 pounds top round steak, cut ½ inch thick
- 2 tablespoons butter or margarine
- 8 small white onions
- 1 can (12 oz.) beer
- 1 beef bouillon cube
- 1 pound small mushrooms
- 2 tablespoons *each* cornstarch and water
- 1 tablespoon chopped parsley
- Sautéed noodles (recipe follows)

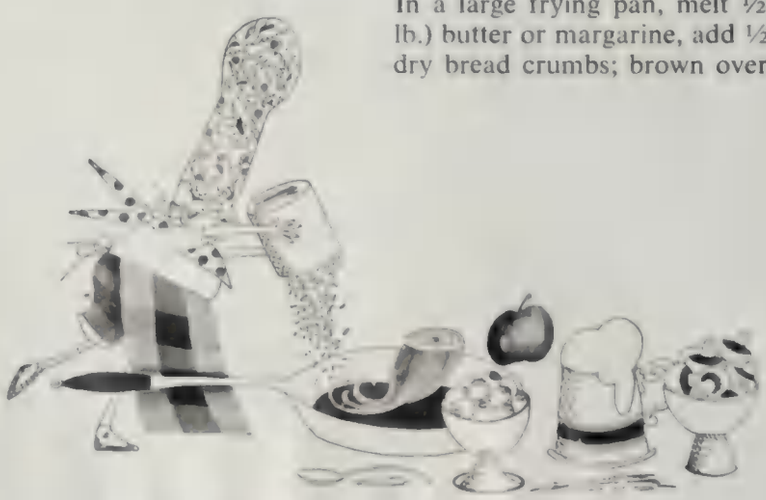
Crumble the sausage into a large frying pan; add the chopped onion and sauté over medium heat until onion is soft, about 5 minutes. Stir in the apple and raisins and cook about 5 minutes longer, or until mixture is browned. Stir in bread crumbs, ¼ teaspoon salt, and ⅛ teaspoon pepper; set aside.

Cut the beefsteak into 8 equal-sized pieces, about 3 by 4 inches. Place each piece between 2 pieces of waxed paper and pound until about ¼-inch thick. Divide the sausage mixture equally among the steak strips. Mound sausage at one end of each strip, roll up in beef, and secure beef with a toothpick.

Heat butter in a Dutch oven over medium heat and brown steak rolls on all sides. As rolls are browned, lift out and set aside. Add the whole onions to the pan and stir to brown lightly on all sides. Return meat rolls to pan, add the beer and bouillon cube, cover, and simmer about 40 minutes or until meat is tender when pierced. Add mushrooms and simmer 5 minutes longer.

Meanwhile mix together the cornstarch and water; blend into pan juices and cook, stirring, until mixture is bubbly and thickened. Season to taste with salt and pepper. Arrange meat rolls, vegetables, and gravy in a serving dish; sprinkle with parsley and serve with sautéed noodles. Makes 8 servings.

Sautéed Noodles. Cook 6 ounces egg noodles according to package directions. In a large frying pan, melt ½ cup (¼ lb.) butter or margarine, add ½ cup fine dry bread crumbs; brown over medium



"Put the crumbs and sausage into a large frying pan"

UNCLE BEN'S® Rice sparks a Fourth-of-July feast.

A luscious leg of American Lamb tantalizingly browning on an outdoor spit becomes a showpiece for any July family gathering. To bring out the flavor, season the meat generously with garlic. As it cooks, brush it occasionally with a melange of lemon, olive oil and herbs.

The cut of lamb to purchase for this exciting meal is a bone-in ¾ leg weighing 5 to 6 pounds. You will recognize this roast by the small round bone that appears near the center of the broad end.

UNCLE BEN'S CONVERTED Brand Rice makes a perfect pilaf to accompany the lamb. UNCLE BEN'S takes real natural rice and makes the grain firmer in a special way. You get a rice that won't get sticky or lumpy, and the grains stay fluffy and separate guaranteeing you a perfect pilaf.

Prepare the pilaf indoors in a heavy skillet. Then bring it to the barbecue area to catch the savory meat drippings.

To carry out the Grecian-style menu serve a country salad—several crisp greens, tomato wedges, pitted ripe olives and feta or blue cheese crumbled over the top—a sesame seeded bread, and *dolmades* (stuffed grape leaves.)

HOLIDAY SPITFIRE ROAST

- 5 to 6-pound ¾ LEG OF LAMB
- 4 cloves garlic, peeled and slivered
- Lemon-Herb Baste (recipe follows)
- 2 Tbsp. olive oil
- 1 small onion, chopped
- 1 cup UNCLE BEN'S CONVERTED Brand Rice
- ¼ cup pine nuts
- 2½ cups beef broth
- ½ tsp. *each* grated lemon peel and salt
- Sliced green onions or chopped parsley

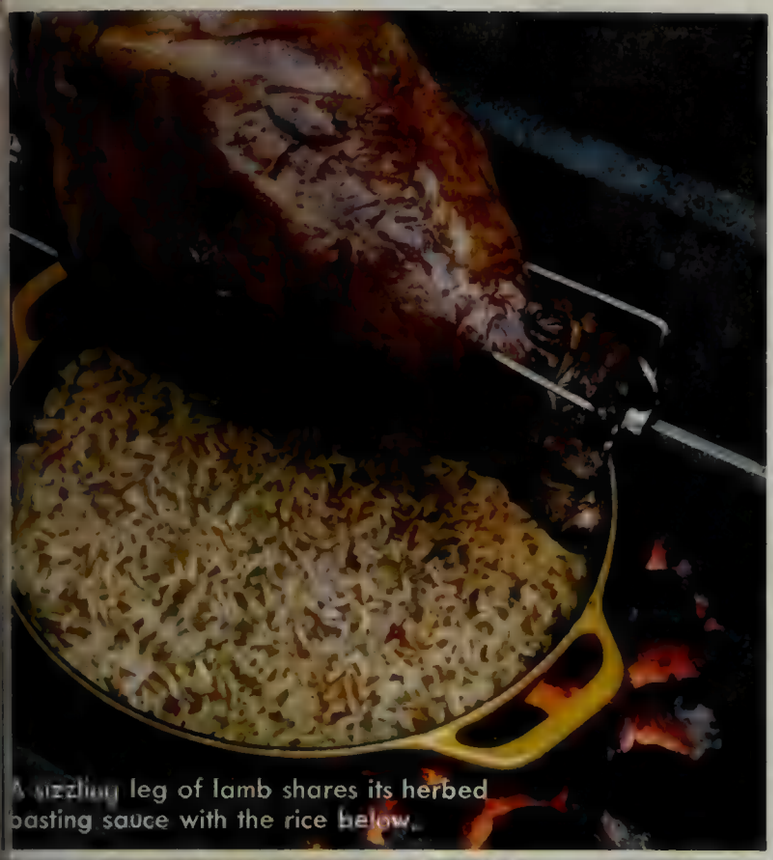
Insert rotisserie shaft at an angle through leg of lamb so that it enters beside the round bone at the wide end and emerges above the long bone at the narrow end. Be sure lamb is evenly balanced on the spit. Anchor lamb firmly to the shaft with the forks. Cut small slashes on the surface of the lamb and insert garlic slivers. Roast on spit over medium coals, placing a foil pan at front edge of grill to catch drippings. Barbecue, brushing occasionally with Lemon-Herb Baste for 2 to 2½ hours, until a meat thermometer inserted in the thickest part registers 150° (med. rare), 160° (medium well done), or 175° (well done).

To prepare pilaf, heat olive oil in a heavy frying pan. In it brown onion, rice, and pine nuts lightly. Add broth, lemon peel, and salt. Cover and cook over low heat until rice is tender and liquid absorbed, about 25 minutes. Taste and add more salt, if needed. Just before serving, place pan on barbecue grill and stir in 1 to 2 Tbsp. lamb drippings (from which most of the fat has been skimmed) to taste. Sprinkle with onions or parsley. Makes 6 to 8 servings.

Lemon-Herb Baste: Shake together until well blended 3 Tbsp. *each* lemon juice and olive oil, ¾ tsp. salt, ⅛ tsp. pepper; and ½ tsp. rosemary and oregano.

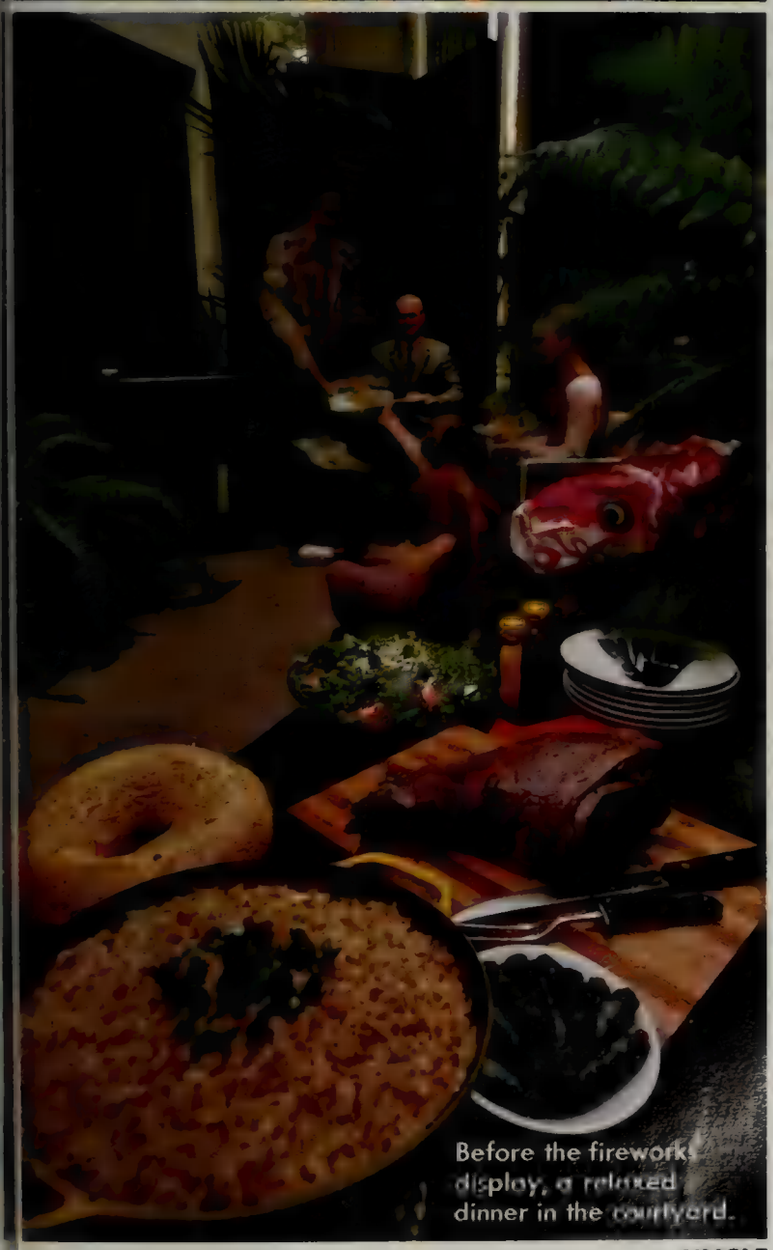
This recipe is included with "UNCLE BEN'S Golden West Recipes." For a free copy of all recipes, send your name, address, and zip code to: Golden West Recipes, Box 19480, Houston, Texas 77024.

Holiday Spitfire Roast



A sizzling leg of lamb shares its herbed basting sauce with the rice below.

Garlic, olive oil and lemon add an authentic Greek touch.



Before the fireworks display, a relaxed dinner in the courtyard.

UNCLE BEN'S Rice keeps the best company in the West.

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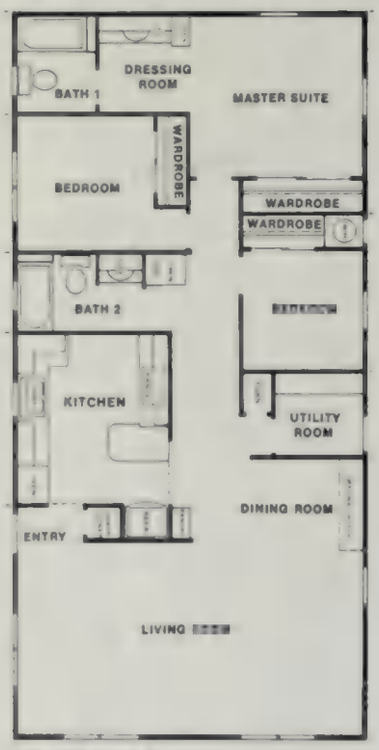

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high heat, stirring. Mix in hot drained noodles and blend thoroughly.

Nancy Segal

Santa Monica, Calif.

These days the term "summer squash" is a misnomer in the West. Crookneck, zucchini, and pattypan are around all year, common as carrots. They come from the California desert, Mexico, and even Central America.

But the militantly uniform fruits of modern transport don't begin to compare with the firm sweet irregularity of the creatures of one's own garden. The big seeds sprout easily, and the plants grow with astonishing speed.

Felix Vanderschoot, Jr., of Napa, California, understands from experience that fresh squash needs only the simplest

"He splits young crooknecks"

preparation to shine. He simply splits young crooknecks, dusts them with seasoning, and bakes them until tender. Ideal for this treatment are super fresh from-the-garden crooknecks as the delicate sweetness of their own sugar forms a major part of the flavor.

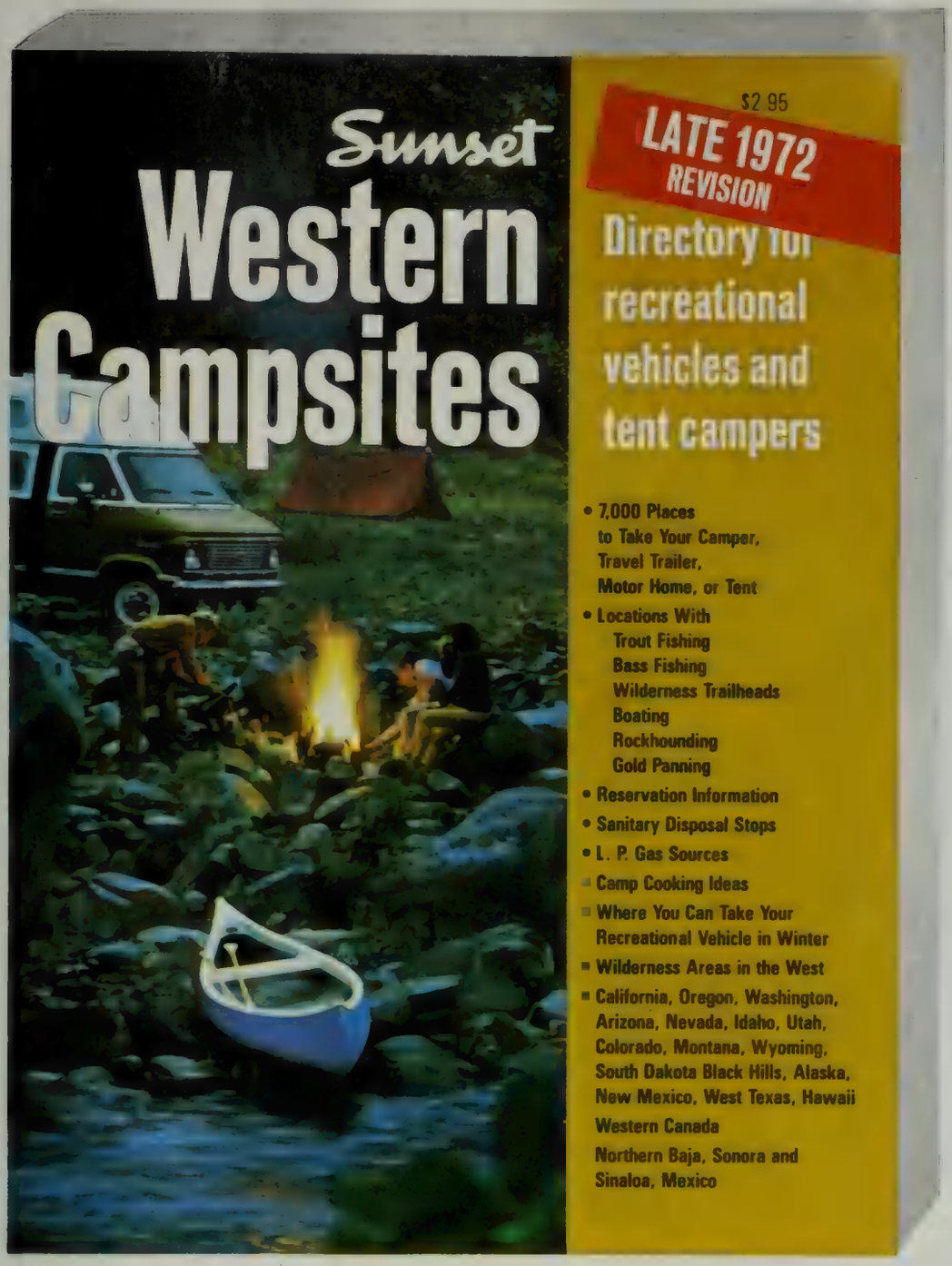
Garden Crooknecks Vanderschoot

- 6 crookneck squash, each about 6 inches long
- 3 tablespoons butter or margarine
- ½ teaspoon garlic salt
- 2 teaspoons regular all-purpose flour
- Water

Rinse squash and cut in half lengthwise. Score cut surface lightly with a fork. Spread each half with about ¾ teaspoon of the butter, and evenly sprinkle the garlic salt and flour over each. Arrange squash in a single layer in a baking dish and add ¼ to ½ inch water. Bake, uncovered, in a 450° oven for about 20 minutes, or until tender when pierced with a fork. Transfer to a serving dish. Makes 6 servings.

F. J. Vanderschoot Jr.

Napa, Calif.



Note:

"Late 1972 Revision"*
-- just off press

Wondering where to go this summer?

ke along this new directory when you head for the outdoor st. It will help you pick the spots that offer the most, and facilities you want. Take a look at the contents listed on right side of the cover. Inside the directory's 364 pages 'll find road directions, with all campgrounds, located on ps, state by state.

lso includes reservation information, acceptance of pets, complete report on hookups, showers, fees, time limits, sanitary dumps, ice, wood, etc.; nearby attractions, trailheads, ghost towns, wilderness areas, hunting, nature trails, etc.; nearby waters, lakes, streams, distance to boat launch, rentals, horses, boats, trailers. Look for it at your book stores, camping and trailer supply dealers, or send check with coupon.

CAMPSITES—Lane Magazine & Book Company, Menlo Park, California 94025

ase send me the "Late 1972 Revision" *iset* Western Campsite Directory. I enclose 95 plus 55¢ for postage and handling—l $3.50

Name _____

Address _____

City _____ State _____ Zip _____

(7.72)

**If you have already bought a copy of the '72 edition, see important message on page 6 of this issue.*

Why don't dog foods with cereal advertise that fact?

It is a fact.
Most dog foods do have cereal.
They call themselves "beefy" or "meaty" or "chunky."
But their labels tell a different story.
Barley isn't "beefy."
Wheat flour isn't "chunky."
Oats aren't "meaty."
[illegible] shows how much of what is really [illegible]

ALPO has nothing to hide.
ALPO is beef and meat by-products.
Plus the vitamins and minerals for a complete diet.
There's no cereal on the ALPO label, because there's no cereal in the can.
So why buy "meaty," "chunky" cereal, when you can get ALPO for the same price?
ALPO gives you all the meat you pay for.
And ALPO isn't afraid to advertise that fact.

[illegible] Not a speck of cereal.

To make pizza or Zuñi bread crusty, bake in an adobe oven

our adobe oven report on page 118, mentioned the enthusiasm of many ıders for baking pizza and bread.

ıe thing the oven does exceptionally ll is make crusts crusty, and that's an portant part of these recipes for Ital-ı-style pizza and Zuñi Indian bread. ır recipes include directions for baking :m in conventional ovens, but they ın't be as crusty.

lian Sausage Pizza

- 1 package active dry yeast
- 1 cup warm water
- ½ teaspoon salt
- 2 teaspoons olive oil
- About 3½ cups regular all-purpose flour (unsifted)
- Cornmeal (optional)
- Olive oil
- Tomato sauce (recipe follows)
- Cooked sausage (directions follow)
- ¾ pound mozzarella cheese, shredded

ften yeast in water; stir in salt and ve oil. Gradually mix in 3 cups of the ur to form a soft dough. Turn dough to a board coated with about ½ cup ır and knead until smooth and elas-. about 5 minutes. Place in a greased wl; turn dough over to grease top. ver and let rise in a warm place until ıble, about 1 hour.

nch down dough and knead on a ıtly floured board to shape into a ooth ball. Divide dough in half and l out each piece on a floured board til about ¾ inch thick. Gently pull :h portion into an oval 12 to 14 inches g and 8 to 10 inches wide.

bake in an adobe oven, shape the zas, one at a time, directly on a corn-al-dusted bread paddle in this man-: Brush top of dough generously with ve oil. Spread half of the tomato sauce within ¾ inch of the rim; top with f of the cooked sausage and half of cheese. Bake according to directions en on page 121 of this issue.

bake in a conventional oven, place :h oval of dough on a greased baking :et and brush generously with olive . Top with sauce, sausage, and cheese directed above. Place one baking :et at a time on the lowest rack of a)° oven. Bake 10 to 12 minutes or til crust is browned. Serve hot; cut o wedges. Makes 4 to 6 servings.

mato Sauce. Combine 3 cans (1 lb. :h) Italian-style pear-shaped tomatoes eak up tomatoes with a spoon), 1 can oz.) tomato paste, 1 teaspoon basil ves, and ½ teaspoon *each* rosemary leaves and oregano leaves. Boil rapidly, stirring occasionally, until thick and reduced to about 2 cups.

Cooked Sausage. Peel casing from 1 pound mild Italian pork sausages; crumble meat into a frying pan. Cook, stirring, until lightly browned; drain.

Zuñi Bread

- 1 package active dry yeast
- 2 cups warm water
- ¼ cup *each* salad oil and molasses
- 2 teaspoons salt
- 1 cup *each* polenta (coarse ground Italian-style cornmeal) and yellow cornmeal; or 2 cups yellow cornmeal
- About 6½ cups regular all-purpose flour (unsifted)

Soften yeast in water. Add oil, molasses, salt, polenta and cornmeal; mix well. Gradually stir in 6 cups of the flour to make a stiff dough. Turn dough onto a board coated with about ½ cup flour. Knead until smooth and elastic, about 5 minutes. Place in a greased bowl; turn dough over to grease top. Cover and let rise in a warm place until doubled, about 1½ hours.

Punch down dough and divide in half. Knead each piece on a floured board to shape into a smooth ball. To shape each loaf, flatten the ball into a round 9 inches in diameter. Fold the round slightly off-center so top edge is set back about 1 inch from bottom edge. Make 4 equally spaced cuts about ⅔ of the way through dough on curved side.

To bake in an adobe oven, place loaves well apart on a baking sheet covered evenly with cornmeal; cover lightly, and let rise in a warm place until doubled, about 1 hour. When the adobe oven temperature has cooled to about 350° with the door open, transfer loaves (one at a time) to a cornmeal-dusted bread paddle. Slip loaves onto the clean oven floor; set door in place. Check temperature in 5 minutes, and if it is above 400°, remove door until oven temperature drops to 350°, then close.

Continue baking until loaves are a rich golden brown, about 20 to 25 minutes longer. Serve warm or cool.

To bake in a conventional oven, place shaped loaves well apart on a greased baking sheet; cover lightly, and let rise until doubled, about 1 hour. Bake in a 375° oven until loaves are a rich golden brown, about 30 to 35 minutes. Serve warm or cool. Makes 2 large loaves.—*T. H., Davis, Calif.* □

GROUND BEEF
"SHAPE UPS"

Make 'em yourself in only 30 minutes

Here's a great new taste for ground beef . . . so easy to make yourself. And each member of your family gets his very own meat pie. They'll love your new idea. And you'll love your helpers . . . the tangy pepper fruit hint of Tabasco sauce and the Pillsbury Crescent Dinner Roll Dough.

SWEET 'N SOUR "SHAPE-UPS"

- **1 lb. ground beef**
- **½ cup drained pineapple tidbits or chunks**
- **½ cup sweet and sour sauce**
- **¼ cup chopped green pepper**
- **½ tsp. salt**
- **½ tsp. Tabasco pepper sauce**
- **½ tsp. soy sauce**
- **1 can (8 oz.) Pillsbury Refrigerated Crescent Dinner Rolls**

In large frying pan, brown ground beef; drain. Stir in pineapple, sweet and sour sauce, green pepper, salt, Tabasco and soy sauce; set aside. On ungreased cookie sheet, separate crescent dough into 4 rectangles. Firmly press perforations to seal. Place a heaping ½ cup of meat mixture in each rectangle. Raise all edges to form open-faced pie crust. Bake at 375° for 15 to 20 minutes until golden brown. SERVES 4.

Tabasco is the registered trademark for McIlhenny Co. pepper sauce
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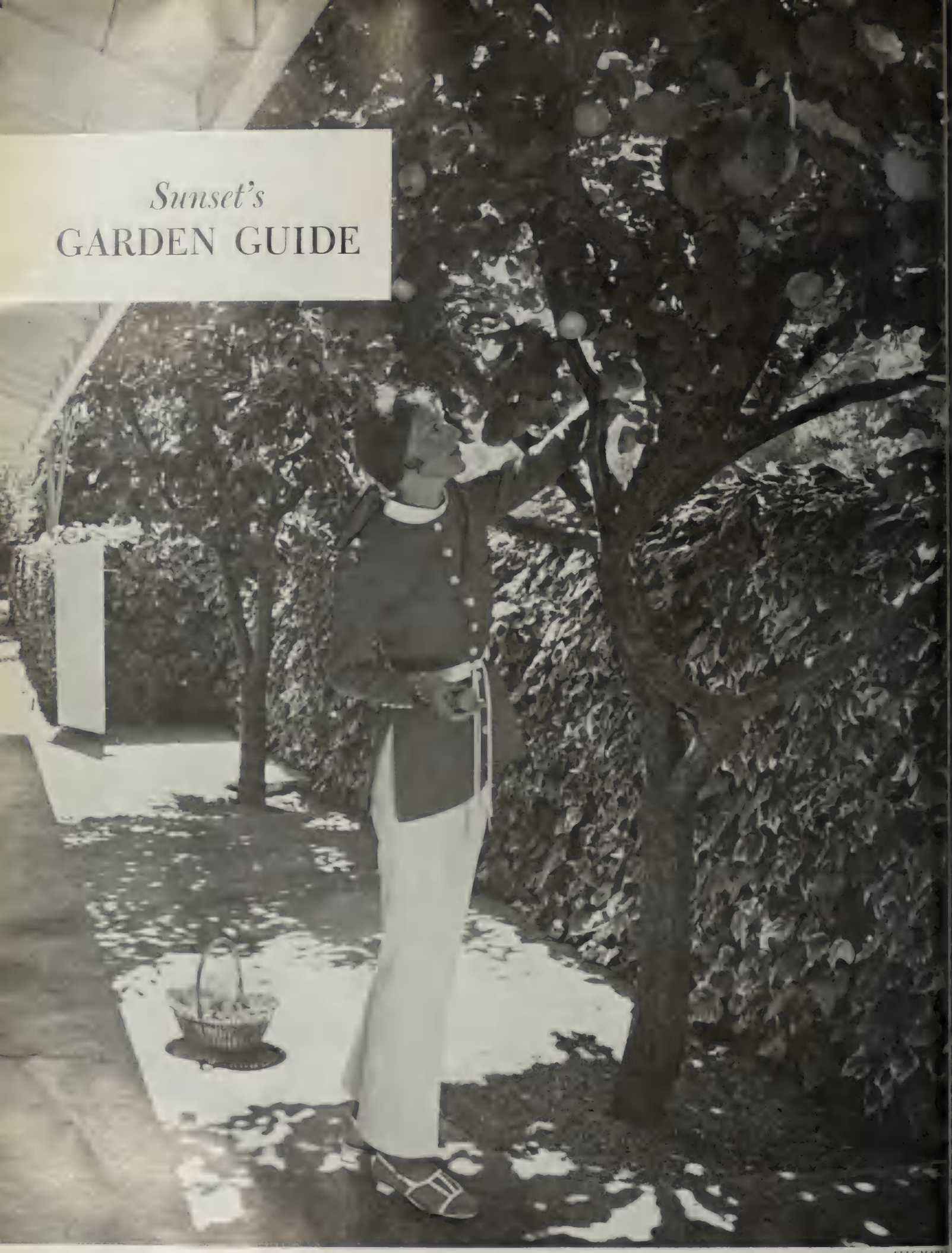

Sunset's
GARDEN GUIDE

ELLS MARC

An apricot in the paving

It's apricot time. This tree, planted in a cutout in a paved side yard produces a good crop every July. Mulch around the trunk is crushed granite. Cherry tree nearer the gate finished its crop in June

JULY IN NORTHERN CALIFORNIA GARDENS:

You'll need to do more watering than usual this July

hanks to the eccentric behavior of the gh pressure area off the California ast, which this year diverted spring owers to the north, your garden will emand more water than usual in July.

y now, the soil has dried out to a great epth and even deep-rooted shrubs and ees face the possibility of moisture ress unless you take steps to get water ay down. In addition, you'll need to eep up the usual watering of shallow-oted flowers, vegetables, and lawns.

ou'll find more watering advice in the eck list on page 144.

ruit trees in a little yard

he apricot and cherry in the picture at ft grow in an unlikely place for fruit ees—a narrow, paved side yard.

utouts (3 feet across) in the concrete aving give the trees enough open soil. he southeast exposure provides sufficit light for good growth, and the conete reflects heat to help fruit ripen.

here's not enough room in the side rd for the additional trees necessary r pollination, but a neighbor helped it by planting pollinators next door.

anted 10 years ago in holes left when e builder paved the side yard, these two ees grow at the home of Alice Rydell. hey keep the rooms along the wall cool summer. But conveniently, when their aves fall in winter, they let in addinal light through the side windows.

ight-hunting for caterpillars

e green caterpillars in the picture at ght are one kind of destructive pest look for this month in your garden. ey prefer to eat cabbage, but they ll eat many other plants too, including ets, lettuce, spinach, and tomatoes.

ese particular caterpillars were found e evening after dark last July. They eren't very active during the day but e signs of their previous night's work ere easy to see—lots of leaves with les in them.

ere are two safe ways to control these sts without using poison sprays. The nplest is to pick them off the leaves while they're feeding and squash them.

Another way to get rid of them—and many other kinds of caterpillars—is to spray the plants with the biologically-derived material called *Bacillus thuringiensis*. Harmless to everything but certain caterpillars, it's available under several trade names including Biotrol XX, Dipel, and Thuricide HPC. Before you buy it, read the label to see if it's approved for use on your crops.

A handy water-keeper

For big watering jobs in the garden you need a hose, but sometimes you want to water only one or two plants. In that case a water keg will meet the need, as David L. Dion of Oakland discovered last summer. A coffee can will carry enough water from a keg to take care of a couple of plants.

You can also use it to wash off freshly picked vegetables before you take them into the house. That saves cleaning up a mess inside, and the dirt you wash off eventually returns to the garden as you use up the water in the keg.

When you use the hose for big watering jobs, just run water into the keg until it's full again. If you don't put a lid on it, you may be able to collect rainwater. But don't let it stand full and unused;

DARROW M. WATT

An old nail keg *is a handy place to store garden water until it's needed to give plants a quick soak or to wash harvested vegetables*

NORMAN A. PLATE

Cabbage loopers *devour bean leaf from the underside. Typically pale green with a white stripe along each side, they gobble up many kinds of plants*

Sunset's GARDEN GUIDE

mosquito larvae thrive in stagnant water.

An indoor plant moves outside

Plectranthus—a leafy, fast-growing plant that's been used indoors for a long time—recently has been grown successfully outdoors in hanging baskets. You might like to try it in a pot hung in a shady protected spot such as under the eaves or in a lathhouse.

You can buy a small house plant-size *Plectranthus australis* in many nurseries, or make a cutting if you already have a plant. To make a cutting, pinch off a 3 or 4-inch tip section of new growth, strip off the lower leaves, and put the cutting in a pot of soil mix. In about six weeks the roots should be big enough to transplant. When you transplant, cut off the top third of the plant to make it grow bushy. Cuttings made now should grow 2 to 3 feet before fall.

Frost kills the foliage and ordinary winter weather makes the leaves shrivel and turn pale, so you may want to cut it back in the spring. Fear not—new growth comes fast. In cold winter climates, keep the plant in the house.

WILLIAM APLIN

Scallop-edged leaves *with big veins cover the trailing stems of plectranthus. It's usually kept as a house plant, but this one grows outdoors all year under the protective overhang of a roof*

JULY CHECK LIST: *These tasks are most important*

☐ **Annuals.** It's not too late to plant cockscomb, cosmos, marigold, nasturtiums, petunias, phlox, portulaca, salvia, vinca, and zinnia from flats. Shop carefully. Overgrown plants with woody stems don't have much growth potential.

☐ **Compost.** During warm weather keep the compost pile damp and turn it frequently to keep flies from breeding. This is especially important with lawn clippings, which pack down and become ideal breeding places.

☐ **Feeding.** Established annuals, fuchsias, hydrangeas, roses, tuberous begonias, and vegetables need light feeding this month.

☐ **Grooming.** Pick faded flowers and developing fruits from fuchsia plants. Through this month pinch tips of chrysanthemums to increase branching and (eventually) flowering. Don't pinch after the end of the month or the buds won't have time to form.

☐ **Mulches.** Plants like azaleas and rhododendrons that don't like hot weather will do better if given a deep mulch. Other plants will also benefit from mulches this dry summer. Mulches cut down on water loss by evaporation and inhibit the germination of weed seeds.

☐ **Vegetables.** In the Bay Area and along the coast you can sow seeds of beans, beets, chard, and squash now. In the Central Valley you can sow carrots, radishes, and spinach for fall harvest.

☐ **Watering.** Give lawns a thorough watering at least once a week, more frequently if the weather is especially warm. Keep watering vegetables. Once growth slows, plant tissues harden and vegetables become less tasty. Now is a good time to give a thorough watering to trees. Make watering basins 9 to 12 inches deep around trunks. To get water down to deep roots, let it soak in slowly. Penetration is better if you use a subsoil watering tube. Water all the way to the drip line. □

The first dishwasher detergent for dry-hards. Electrasol.

ry-Hards are tough-to-clean foods—like seafood casseroles, eggs, atmeal, meat fats—that dry and cake and stick. And stick. nd stick. To plates. On forks. Filming glasses. Electrasol, fortified with 0% more active cleaning ingredients than other leading dishwasher etergents, really removes Dry-Hards. Lets your dishwasher give ou cleaner, brighter, film-free dishes.

t proves fortified Electrasol's supe- ity against Dry-Hards. Casserole with Dry-Hard mixture of seafood rmidor that was baked on for 30 utes at 325 °F, came out looking way when washed in another lead- dishwasher detergent.

Identical Dry-Hard casserole dish—but cleaned in Electrasol, fortified with 20% more active cleaning ingredients than other leading brands. Try Electrasol. It removes Dry-Hard soils, prevents them from drying into spots on dishes, glasses and silverware.

Good Housekeeping GUARANTEES REPLACEMENT OR REFUND TO CONSUMER IF PRODUCT OR PERFORMANCE DEFECTIVE

ECONOMICS LABORATORY, INC., St. Paul, Minnesota

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SPEED QUEEN

Good Housekeeping

...pages for the nearest dealer ...to Department DG-26, ...Wisconsin 54971

Garden groomin in July

In July, people drop in. Days are l and the garden stays highly visible u a rather late hour. Entertaining is li to take place out of doors. You'll w your garden to look its best.

At the same time, grooming beco more difficult. Fast growing plants quickly grow out of bounds; he bloom leads to untidy faded flow Lawn edges lose their clean look. S mer weeds blur flower bed outlines.

Here are two grooming routines to k your garden looking shipshape.

Walk-through garden grooming

Before making your evening round enjoy the garden, equip yourself w a pruning shear, a roll of plant-tying t or twine, and a medium-small sack bag (a mesh onion bag is good). Ge shear that is not too large for your ha and for convenience you might kee in a scabbard fastened to a belt.

Cut off overlong branches or faded fl ers and drop them into the sack. Tie any loose vine shoots, and fasten to th stakes any spiky flowers that have be to lean. Pull weeds growing thro mulches (there usually aren't many them, and they don't resist too stron and drop them in the bag. Then em the bag on the compost heap.

Note for later attention aphid or w fly attacks. When you can, wash b from plants with a jet from the hose.

The fortnightly cleanup

For a more thorough cleanup job, eq yourself with pruning shears, a hoe, a a leaf rake. Trim off broken, dead, faded plant material with the shears; j let it fall where it may. Weed in flo beds and around shrubs with the hoe. push-pull scuffle hoe involves less ef for most people than a conventional h and, because it scrapes instead of ch ping, it won't damage shallow roots.) the weeds lie and wilt where they top

Next, edge the lawn. Then rake up eve thing with the leaf rake; a narrow ba boo shrub rake is useful for getting tween closely set plants. Haul off ref to the compost heap.

While you are doing all these tasks the hose trickle into tree and sh watering basins. As soon as you rake a border set a fan sprinkler to w down foliage and soak roots.

When the whole area has been raked water the lawn for a sparkling, aft the-rain finish.

It gives your lawn a meal, instead of a snack.

That's pretty important when you own a Western awn. In fact, it's crucial.

Because Western lawns grow practically all year ong. As much as 11 out of 12 months in some areas.

Compound that with the generally low nutrient ontent of Western soil, and you've got a real problem.

A starving lawn.

So what we've done is to create a special lawn food ust for the West. It's called Super Turf Builder.

To take care of the Western lawn's bigger appetite, e've given Super Turf Builder almost double the mount of nitrogen that's normal for other lawns.

(Nitrogen, remember, is what gives your lawn that ush, dark-green color.)

We've also given it good, healthy portions of phosphorus and potassium—for developing strong roots and overall health and vigor.

We've even included some iron to prevent yellowing. Not iron iron. But *available* iron. The kind that grass and dichondra can get at and use.

And we've done it all with our *Polyform* process.

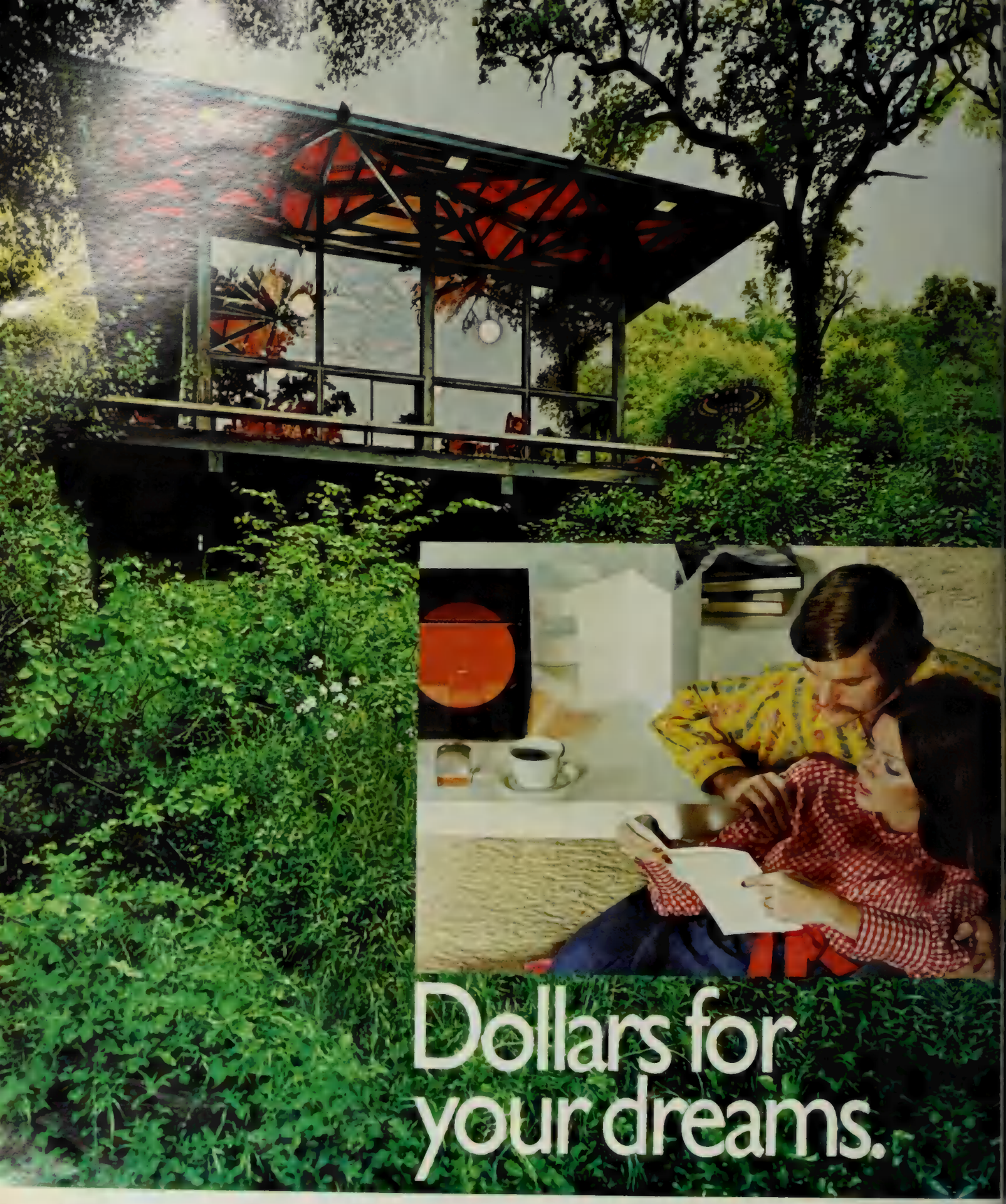
Without getting technical, all that means is that Super Turf Builder releases its nutrients slowly.

So it lasts longer, and you get no surge growth to cause extra mowing, and no wasteful overfeeding.

All you get is a thicker, greener, sturdier lawn.

And for this part of the country that's pretty darned good.

SCOTTS®



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ELLS MARUGG

olden Nugget' *blooms late spring to fall in part shade in Strybing rboretum - Sunset Magazine Demonstration Home Gardens, Golden Gate Park*

Clear yellow 'Golden Nugget' flowers from spring to fall

wenty or more years after its introduc- on, 'Golden Nugget' is due for another und of attention and some well de- rved appreciation.

his shrubby, evergreen, 2 to 3-foot rennial (a variety of *Calceolaria inte- ifolia*) is covered from spring to fall th clear yellow flowers shaped like little ouches or slippers. Crinkly mintlike aves, up to 3 inches long, are rich green ove and whitish beneath, with finely othed margins.

lthough 'Golden Nugget' excels in oler, milder conditions along the coast d in coastal valleys, it will also grow rther inland. Plant in sun or in partial fternoon) shade; plants growing in pots finitely need shade from hot sun to event root burn. Provide a porous, fast aining soil with ample organic mat- r, and water regularly and thoroughly, pecially in warm, sunny areas. To keep owers coming regularly, feed once a onth with complete fertilizer from ring to fall.

olden Nugget' has shallow roots; don't y to move mature plants growing in e ground. Plants are generally sold in ts and cans; you can set them out with inimum root disturbance.

The plants may look a bit ragged and rangy in winter when some of the leaves turn brown and fall off. If you cut back the branches in spring, as you would fuchsias, new growth will sprout quickly from the base of the plant. Some growers cut back 'Golden Nugget' in September after the main period of bloom; plants regrow in a few weeks and look green and attractive—although flowerless—during the winter months.

If plants get hard and woody, replace them with young ones. You can increase your own plants by making 3 to 4-inch-long cuttings of nonflowering tip growth in summer or fall. (Growers take cuttings at any time of the year when plants are out of bloom.) Cuttings root in two or three weeks as easily as fuchsias.

'Golden Nugget' makes a fine display in mixed borders. Combine it with blue-flowered perennials such as agapanthus, *Aster frikartii*, delphinium, *Echium fastuosum*, blue marguerite (*Felicia amelloides*), *Plumbago capensis*, and *Scabiosa caucasica*. Grow some in containers; they are attractive in hanging pots or baskets—especially combined with companion hangers like trailing blue lobelia or lavender *Campanula isophylla*. □

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Overhead watering system *sprinkles fuchsias with mist nozzle (at left). Fuchsias hang right from water pipe, supported every 8 feet by*

Why not water your thirsty plants

The gardener with a great many thirsty container plants might save himself a lot of time by installing a system to water them simultaneously.

One of the systems illustrated here sprays a number of hanging plants from a single overhead pipe; it is especially useful in a lathhouse. The other has tubes that run to individual containers: you can string the main feeder tube over hanging plants, lay it along the ground, or even bury it.

Overhead sprinklers are comparatively simple: just a pipe to convey water and a spray nozzle to disperse it. There are many types of nozzles; choose carefully to fit your needs. Pipes are made of galvanized iron or of plastic. The latter are easier to install and cheaper but won't support the weight of hanging baskets.

For the overhead system pictured above, Herbert Bess of Los Altos, California, used ¾-inch galvanized iron pipe supported along a back fence by 1 by 4-inch wooden brackets. He drilled holes in the pipe, threaded the holes with a die, and screwed in 3/16-inch-wide nozzles, which provide a fan-shaped spray and are easy to remove to unclog.

Two types of direct-delivery watering systems are shown in the two pictures a far right. The main feeder lines of bot are plastic pipes. The one shown in th top picture has nozzles with slidin valves; each nozzle-tube can be turne on or off individually.

To install nozzle-tubes (available a many nurseries) in a main feeder pipe lay out the main pipe next to the con tainers you want watered and punch hole at each container location, then in sert the pointed ends of the nozzle-tube ½-inch into the holes.

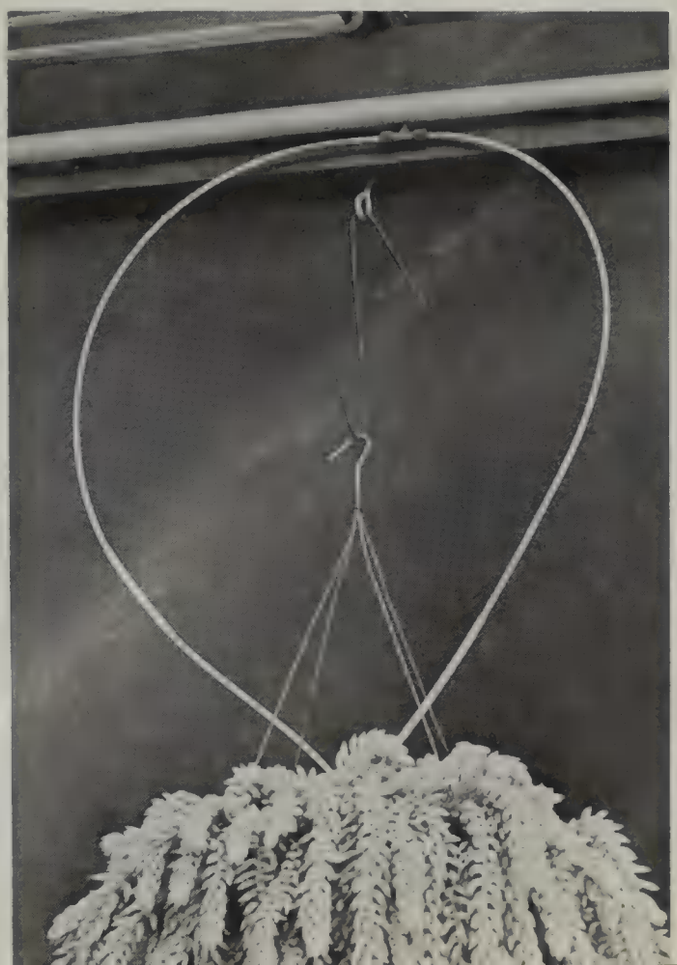
The homemade system shown in the bot tom picture at right is modeled on on

NORMAN A. PLATE

d bracket (above)

In one type *of direct delivery system, weighted nozzle sits right in container. Plastic tube plugs into bigger-diameter feeder pipe*

Large donkey tail *gets ample water from overhead pipe via two tubes without nozzles—another type of direct delivery system*

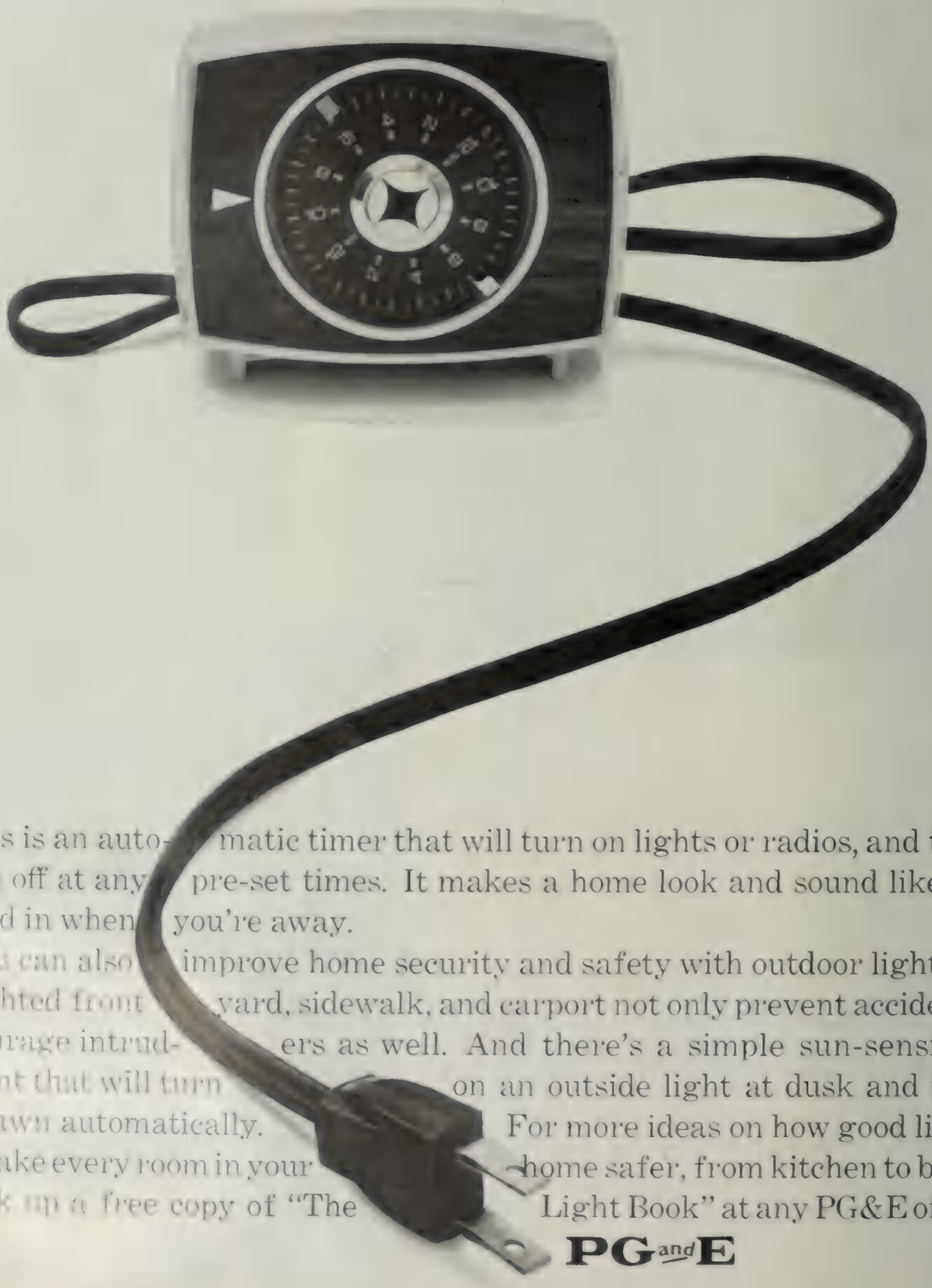


ll at once?

t John Lello of San Jose saw in a sery. The ⅜-inch-diameter plastic es have no nozzles. Two tubes supply h large container plant. He made the ngs that attach the tubes to the main e, but you can buy similar ones in dware stores.

nparing the two systems, the home-de one delivers more water per min-, clogs less easily, and has tubes you cut to the needed length (nozzle-es are 4 feet long). The nozzle-tube tem has the advantage that you can trol the water to each plant by open- or closing the sliding valve. □

To protect your home, this should be there when you aren't.



This is an automatic timer that will turn on lights or radios, and then turn them off at any pre-set times. It makes a home look and sound like it's being lived in when you're away.

You can also improve home security and safety with outdoor lighting. A well-lighted front yard, sidewalk, and carport not only prevent accidents, but discourage intruders as well. And there's a simple sun-sensitive attachment that will turn on an outside light at dusk and turn it off at dawn automatically. For more ideas on how good lighting can make every room in your home safer, from kitchen to bathroom, pick up a free copy of "The Light Book" at any PG&E office.

PG and E

Planting, paving make it look like a mountain lake

is swimming pool is in a usual-sized urban yard, but it has the look of a all mountain lake.

achieve that look, Mr. and Mrs. Eu-ne Gear of Los Altos, California, gan by choosing black plaster rather n the usual aqua to finish the pool's es and bottom. This gives the water mirror surface that reflects nearby nts day or night, and also reduces face glare and holds heat.

t what really gives the pool its natural pearance is the use of rocks and plants ound it.

hnny-jump-ups (resembling mountain ldflowers) are massed along one side the artificial stream running into the ol. Asparagus fern and mother fern stle among the rocks of the waterfall.

anches of shore junipers edging the er side of the stream are pruned to ng over the water for a natural effect.

ller growing junipers, Japanese ma-es, and Japanese black pine camou-ge the waterfall's base. These and ger trees are pruned to stay relatively all, which keeps them in scale with the pool, adjacent plants, and size of the yard.

Fieldstones *and black lava rocks form waterfall and stream bed. Plants cover construction's rough edges*

Maples and other deciduous plants are set well back from the pool so that their leaves catch in neighboring plants, and seldom blow into the water.

Plants are grouped on mounds made with soil dug out when the pool was built. A retaining wall of broken concrete from the former patio supports the mounds just inside the back fence.

Pool and garden were designed by landscape architect Mary Gordon; the waterfall, by Franz Baumgratz. □

tificial spring *at upper left spills down rock-lined stream bed into swimming pool. nipers, maples, pines, deodar cedar give woodsy look. Path is black lava slabs*

DARROW M. WATT

Stamp out repair problems with

the wall fixer

DAP vinyl-paste Spackling. Ready-mixed to make quick work of patching jobs in plaster, wood and drywall. Spreads easily. Dries white. Sands smooth. Takes paint almost immediately.

the window fixer

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Hidden in this picture, is the secr

As you can see, we build our pickups along the same lines as our LOADSTAR* trucks.

That fact brings to light several other hidden facts: they share the same engineering. The same careful assembly.

And most importantly, the same engines.

Order our pickup's optional 345 or 392 V-8, and get our Loadstar's optional 345 or 392 V-8.

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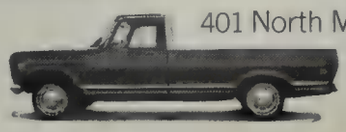

International Pickup

SELECTED FOR USE BY THE U.S. OLYMPIC TEAM USA

DARROW M. W

Lathhouse *shades fuchsias in hanging baskets from hot July sun. Bonsai pla like Japanese maple in center foreground, thrive in its shade,*

Fuchsias like it here ...and so would you

Fuchsias get what they need most—plenty of shade and wa —in this lathhouse in the Richmond, California, garden Edward Tscheekar.

A display of fuchsias that is this luxuriant and this attr tively framed makes an interesting backdrop for the rest the garden. It could also be one of the coolest places availa for sitting and relaxing outdoors on a hot summer afterno

For the 18 by 27-foot lathhouse, Mr. Tscheekar started setting 4 by 4-inch redwood posts in concrete and then m the roof supports by bolting together 2 by 4's. To make lattice roof, he nailed redwood 1 by 2's to the framewo He spaced the boards 2 inches apart to let about 50 per c of the noonday sunlight pass through to the plants. Total c for materials was $300.

After completing the frame and lattice roof, Mr. Tscheek installed an overhead sprinkler system made from ½-in galvanized pipe; nozzles are full-circle lawn sprinkler hea

He uses the sprinkler system mostly to raise the humidity the air in the lathhouse rather than to water the plants hanging baskets. The sprinkler is turned on twice during h days, but only for a few minutes each time. It's just enough

ay *from overhead*
inkler helps keep air
ist and cool on hot days

Swivel hook *for hanging baskets is made from brass rod, brass nut, two washers*

Insulated wire, *bent into hooks and draped over the ends of branches, trains fuchsia stems to trail down*

Surrounded by fuchsias, *owner pinches off faded flowers to encourage more flower buds to open. Bucket is for dead blooms*

ak the floor of the lathhouse, which is partly covered with a nting of baby's tears. As the water evaporates, it raises t humidity and helps to cool the plants.

r regular watering Mr. Tscheekar prefers to wet the plants lividually with a water wand. It takes him an hour each y to give all the plants a thorough soaking. For even water-g, it's faster to turn hanging plants than to walk around m, so Mr. Tscheekar made swivel mounts for them. These o make it easy to gain even growth by exposing different es of the plants to sunlight.

make a swivel mount you need ¼-inch brass rod, a inch washer, a ¼-inch brass nut, and a washer 1¼ inches de with a ¼-inch hole. You'll also need a power drill with igh speed ⅛-inch bit and a die to thread the hook.

mp a piece of brass rod in a vise. Bend a hook using a ench for leverage. Cut off a 5-inch piece of rod, including hook, and make threads on the straight end. Then drill ir holes, equally spaced, in the 1¼-inch washer. Slip the washers over the end of the hook and screw on the nut. tach wires from the hanging basket to the holes in the big sher. □

Garden events in July

Ross. July 2, 3, and 4. Traditional Fourth of July celebration at the Marin Art and Garden Center. Place: Center, Sir Francis Drake Blvd. Hours: 10 A.M. to 8 P.M. Admission: adults, $1.50; children 12 and under, free if accompanied by an adult. The 10-acre grounds feature sections for various gardens such as shade, family, children, and rose. There will be an exhibit by the Marin Bonsai Society plus other exhibits, entertainment, and food on sale. For special group rates write to Tom Perry, 4340 Redwood Hwy., Number 19, San Rafael 94903; or telephone (415) 472-3262.

San Mateo. July 9. Garden tour sponsored by the San Mateo County branch, American Fuchsia Society. Owners and addresses of the gardens on the 1 to 5 P.M. tour are: Mr. and Mrs. Frank Black, 149 Alberta Ave., San Carlos; Mr. and Mrs. James Benson, 1519 Mt. Diablo Ave., San Mateo; Mr. and Mrs. Emil Stiefvater, 260 Bridge Rd., Hillsborough. Free.

San Leandro. July 15. Annual show presented by the San Lorenzo Fuchsia Society. Place: Macy's, Bay Fair Shopping Center. Hours: 10 A.M. to 5 P.M. Free.

Mountain View. July 21, 22, and 23. Show and plant sale of the Santa Clara Valley branch of the American Fuchsia Society. Place: Mayfield Mall, Alma St. and San Antonio Rd. Hours: 10 A.M. to 9 P.M. Friday; 10 A.M. to 5 P.M. Saturday; noon to 5 P.M. Sunday. Free.

Truckee. July 22. Tenth annual flower show presented by the Sierra Tinker Belles Garden Club. Place: Truckee Elementary School, Donner Pass Road. Hours: 1 to 6 P.M. Free.

Sacramento. July 22 and 23. Sixth annual begonia and companion plant show of the Sacramento branch of the American Begonia Society. Place: Garden and Art Center, 3330 McKinley Blvd. Hours: 2 to 8 P.M. Saturday; 10 A.M. to 6 P.M. Sunday. Free.

Richmond. July 23. Annual show of the Richmond branch, American Fuchsia Society. Place: Civic Library Auditorium, Macdonald Ave. and Civic Center. Hours: 11 A.M. to 5 P.M. Free.

San Francisco. July 30. Annual show sponsored by the San Francisco branch of the American Begonia Society. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: noon to 6 P.M. Free.

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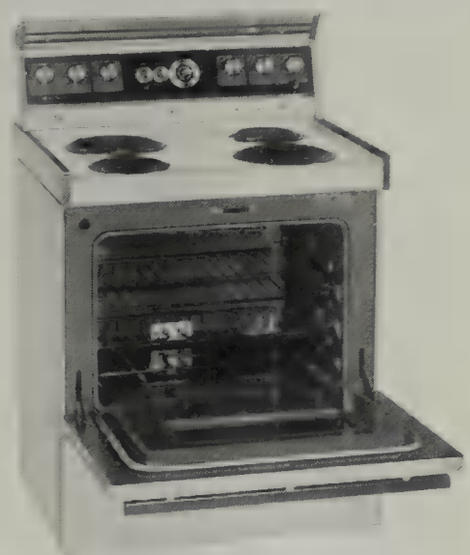

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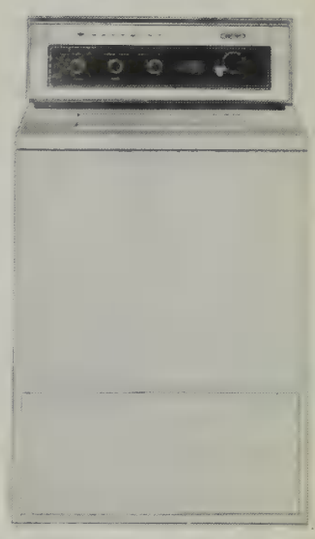
d it all rolls out on wheels. CTF15CM **$339.95***



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DOUG WILSON

DON NORMARK

'Sutter's Gold' *both names this shrub and describes its color. Big clay pots 18 inches in diameter and 16 inches tall hold three spreading, 12 to 15-inch-tall shrubs each. Closeup (above) of a single inch-wide flower shows its striking resemblance to a wild rose*

The shrubby "sinkfoils" are coming into their own

Demand for shrubby cinquefoils (pro nounced sinkfoils) is beginning to rise It's no wonder: They have many excel lent qualities, including a bloom seaso that runs from mid-May through Oc tober. The real wonder is they've bee appreciated so little.

Shrubby cinquefoils (*Potentilla fruticos* and its named varieties) are low growin and dense. They vary in height from 1 t 3-feet and are often wider than they ar tall. Slender, stiff, woody stems suppo short twigs with a dense clothing c small grayish green, silvery green, c dark olive green leaves. Leaves are d vided into ¼-inch-long leaflets. Th flowers, more persistent and numerou than spectacular, are like small, wild ye low roses. They bloom one at a time a the tips of the twigs.

Not only do the shrubby cinquefoil continue to bloom until a hard fros strikes, but they also retain their leave well into winter and leaf out early in th spring. Nor do the coldest winters th West can muster seem to faze them.

Given lots of sun and well drained soi shrubby cinquefoils will grow with minimum of water in poor to ordinar ground. If they become scraggly, don' be afraid to cut them back severely.

For gardeners interested in reducin summer maintenance, these shrubs wil

rve admirably. Plant several of them in sunny rock garden for a splash of lor. Use them in tubs or large pots to en up a deck. They will thrive as ound covers on a hot, hard-to-water nk and will stabilize the soil as they ow. Group them in threes or fives at e forefront of a flower border.

ou'll find shrubby cinquefoils at nurries in gallon or 5-gallon cans. Like ner canned nursery stock, they can be anted at any time of year—if you are reful not to disturb the roots unduly. d if you keep the ground around them oist until they start to grow. Wait until e fall or spring to transplant shrubs eady growing in the ground.

mmer *nursery shopping for potentillas es you a chance to select favorite colors*

ok for the following improved varies. Several have larger-than-ordinary wers in shades from white to pale yelw to deep gold.

old Drop.' Deep yellow ¾-inch flows on 2-foot shrubs. It's unusually slow owing.

randiflora.' Dark yellow flowers 1½ 2 inches wide.

ollandia Gold.' Deep golden yellow wers up to 2 inches across on grayeen shrubs 2 to 3 feet tall.

atherine Dykes.' One-inch primrose llow flowers, small but numerous, on 3 4-foot shrubs.

londike.' Two-foot shrubs, very dense growth, with deep yellow flowers 1½ 2 inches wide.

oonlight' ('Maanely's'). From Sweden; rub has dark, blue-green leaves and le yellow to white flowers 1 inch wide 1½-foot shrubs. The leaves are soft d furry.

utter's Gold.' Dark, gray-green leaves d inch-wide golden yellow flowers on foot shrubs. Cut back to 8 inches in ebruary or March to encourage spreadg and to keep shrubs dense. □

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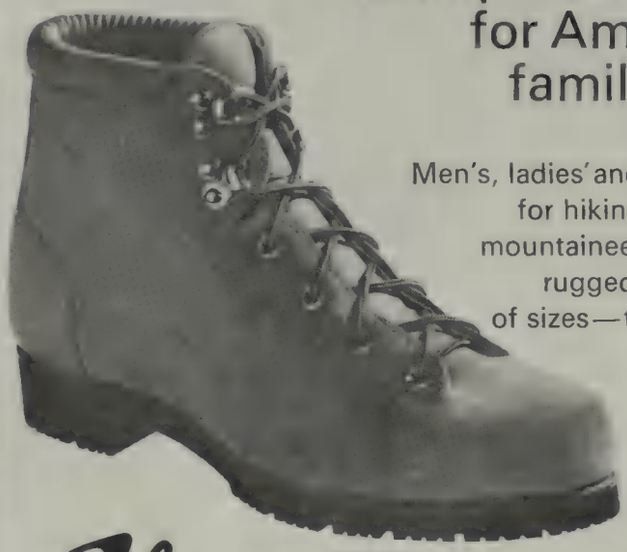

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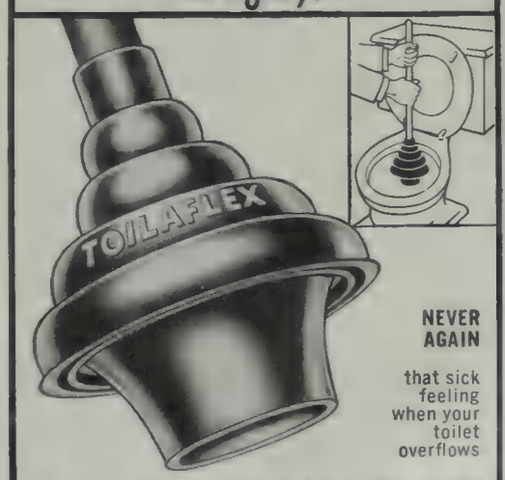

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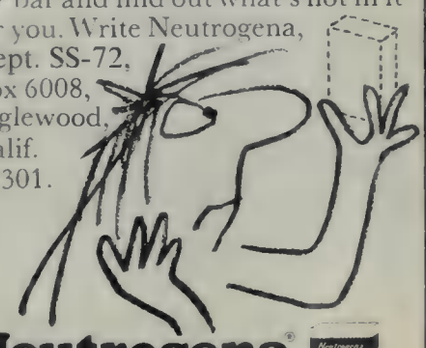

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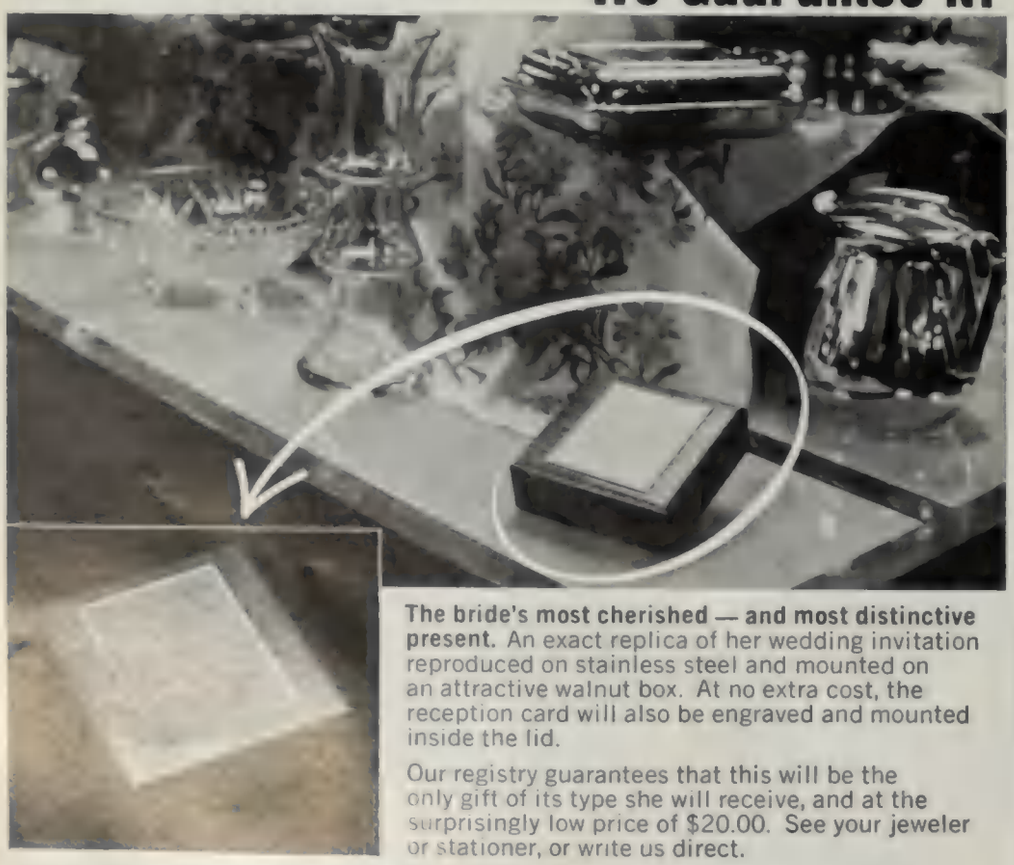

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Plant Collector's Corner:

Oxford and Cambridge plant

Many a good plant is cursed with a awkward name. So it is with *Cleroden drum ugandense,* whose flower appea below. Happily, an appropriate commo name has just come to us from a Sout African correspondent, Sima Eliovso Mrs. Eliovson tells us that South Afr cans call it Oxford and Cambridge plan Oxford University's color is dark blu Cambridge's light blue; both appear i the flowers of this rare shrub.

Flowers are 1 to 1½ inches wide ar open in loose clusters at the branch en from May until October or Novembe The big lower petal is dark blue, th four lateral petals pale blue; unopene flower buds are glossy blackish purpl Details like these, along with wispy ar tennae of stamens, make the flowers u usually charming for close-up viewing.

Leaves are bright green, deeply toothe 2 to 3 inches long. They may hang c through mild winters, but the plant deciduous in even moderate frosts. It hardy at least to 25°.

Shrubs may grow to 10 or 12 feet in warm, sunny, sheltered spot and fair good garden soil. They will bloom i containers, but plants will be only 3 or feet tall. Cut stems back severely aft flowering is over.

Plants are obtainable at the Berkel Horticultural Nursery, 1310 McG Ave., Berkeley 94703.

NORMAN A. PLA

Two-tone *blue flower, 1 to 1½ inches wid*

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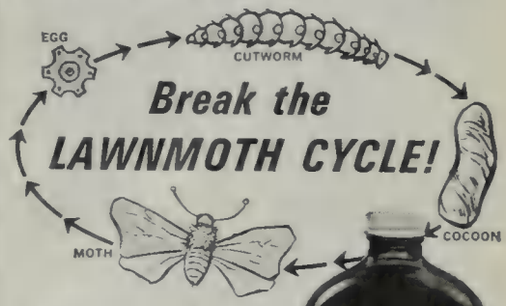

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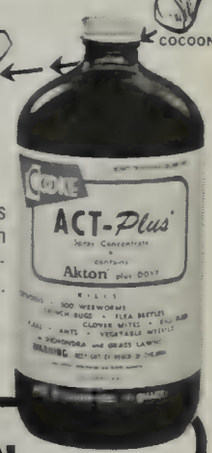

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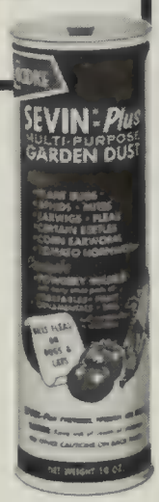

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Keep dogs off of lawns, trees, gardens.

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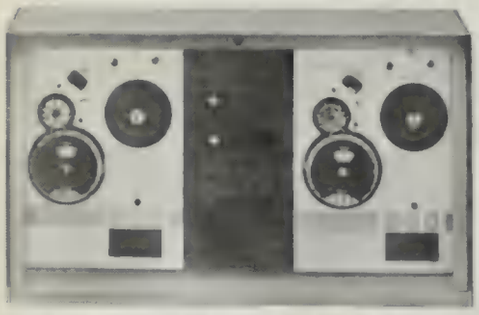
NEW EXTRA EFFECTIVE METALDEHYDE & SEVIN FORMULA . . . in easy to use, tempting, granular bait combination. A quick scattering does it. Economical.

COOKE SLUG 'N SNAIL GRANULES
RECOMMENDED BY GARDEN EXPERTS



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Just set it and forget it. Automatically your sprinklers go on and off, whether you're there or not. New deluxe 6-station controller allows you to control each [illegible] individually. Get this easy to install, maintenance-free automatic sprinkler system controller now from your dealer.
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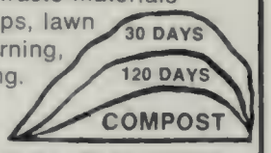
Recycles organic waste materials (leaves, table scraps, lawn trimmings) No burning, bagging or hauling. Nature's aid to perfect compost.



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Burpee BUSH SWEET PEAS
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The amazing **BIJOU** Sweet Peas are tremendously popular for beds, borders, window boxes, bouquets. Bloom in just 12 to 14 weeks, ***winter-flowering.*** Vines just 12 in. tall. Huge ruffled flowers, 4 to 5 per stem. All best colors mixed.
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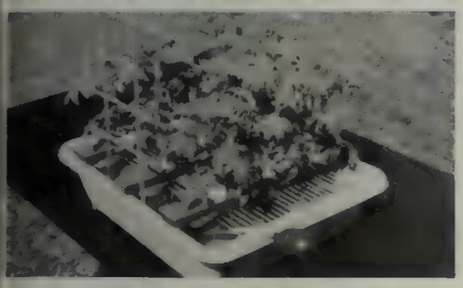
EW!! YDROPONIC GARDEN



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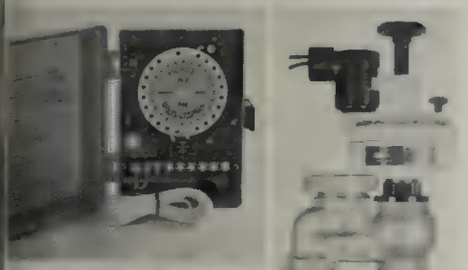

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efore risking hundreds of dollars on un- sted soil you can now avoid the risks in lanting by using the same techniques of e professional agriculturalist. In this easy understand color coded, home laboratory ou can prevent the most common of plant- g problems by understanding your soil's utritional needs. Included **FREE** in your ome UNI/LAB will be an easy to follow tep-by-step program for the professional lanter and the novice also.

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Beautiful redwood greenhouses as low as $99, for growing plants and growing people.

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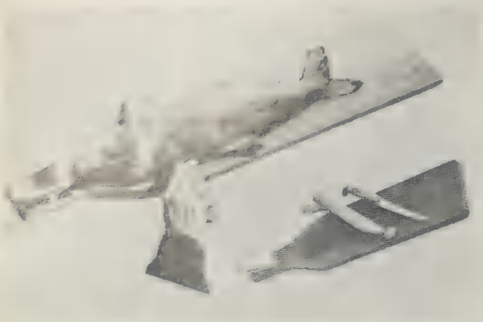

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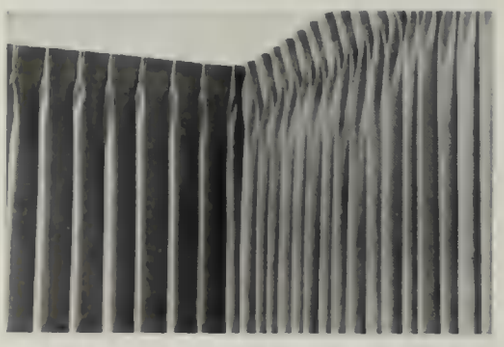
Do something beautiful for old tables, chairs, cabinets, panelling; fine for new unfinished furniture. Stripping unnecessary. Just paint and glaze with any of the 12 beautiful Martin Senour colors, including woodtones. Simple soap and water cleanup. Kit includes 1 pt. undercoater, ½ pt. glaze (covers 60 sq. ft.), brush and instr. book. $4.95 + 28¢ tax. *Write for color card and dealer nearest you.* Ken Collins Distr., 400 Valencia St., San Francisco, Ca. 94103. (415/431-0556). Satisfaction guar.



Save On Elegant Seamless Draperies

No seams to show or sew—so draperies hang in deep rich folds! Create your own custom draperies or we make them to your measurements, with unique 10 ft. wide fabrics $3.98/yard & up. Save up to 50%! Pre-shrunk and machine washable. Excellent fabric selection—natural, white or custom color-matched to your sample. Send 50¢ for portfolio of swatches ($1.00 for special handling). Homespun House, 9022-B, Lindblade, Culver City, California 90230. Also in San Francisco.

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[illegible] smart [illegible] hurry to "Hummy-Bird Bar-B" where [illegible] always is best. Watch these beauties sip thru clear plastic cups in family buffet style [illegible]. No rust or drip, easy to clean. [illegible] Instructions. $2.95 plus 40¢ handling. [illegible] tax in Calif. Sorry, no COD's. [illegible] Heaven, 10726-S Samoa Ave., Tujunga, CA 91042. Our 17th Year! (Makers of "Fun-Bars" for fun-loving Orioles!) Made in U.S.A.

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Hand painted in Europe, these finely detailed models of actual European decoys deserve a prominent place in the home or office of any sportsman or collector. Your choice of . . . gift boxed marsh and shore birds, gracefully life sized, or realistic miniature duck decoys. From right: Godwit, $5.98 ea.; Snipe, $4.75 ea.; from top: Woodduck, Mallard, and Pintail: $4.98 Pr. (drake & hen). 3 prs., $12.95. Postage Prepaid. Many more for home & garden, free cat. D-Koys Int., 2107 Ebbesen, San Jose, CA 95124.

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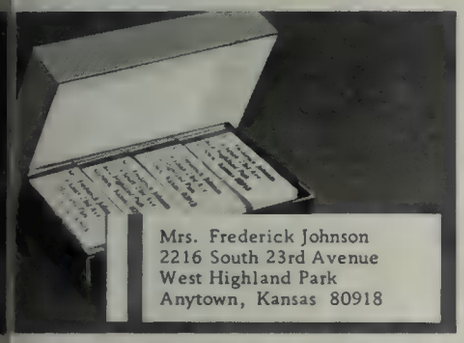
No More Wet Shoes or Clothing

Colorless Thompson's Water Seal protects, preserves, waterproofs and keeps leather boots, children's play shoes or adults' dress shoes dry all winter. Shine the next day. Waterproofs topcoats, jackets, outdoor clothing, canvas and awnings. Won't harden or crack leather or fabrics. At paint, hardware, sporting goods stores or write direct. Aerosol spray $1.89; Qt. $1.95; Gal. $5.95; 5 Gals. $28.25 ppd. tax incl. No C.O.D.'s please. E. A. Thompson Co., Inc., 1333 Gough St., San Francisco, CA 94109.

Cure, Harden, Dustproof Concrete

You get better looking walkways, walls, patio slabs, etc., when you brush, roll or spray Thompson's Water Seal on concrete just before final troweling. It controls moisture loss; concrete dries from within so you get a uniformly cured surface that's stronger, smoother, less liable to check or crack. A second penetration waterproofs concrete. At dealers or write direct. Spray $1.89; Qt. $1.95; Gal. $5.95; 5 Gals. $28.25 ppd. E. A. Thompson Co. Inc., 1333 Gough St., San Francisco, CA 94109.



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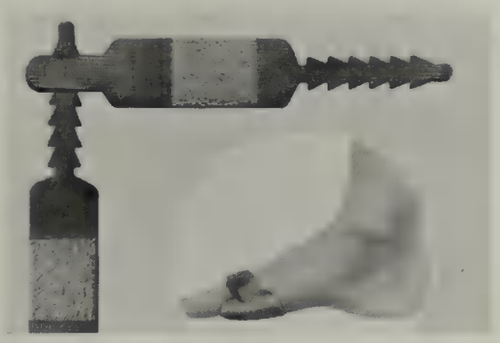

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A new patented nonslip foot-band worn on the ball of foot. Prevents slipping in bathtub, shower or around pool. Adjustable with self-locking feature, fits any size foot. Sanitary. Eliminates old fashion, unsightly bath strips or mats. Ideal for travel or gift. Available in blue, yellow, or red. Money back guarantee. Prompt del. $2.25 per pair plus 35¢ postage & handling per order. Cal. add 11¢ sales tax. Send check or M.O. to *Paget Slip-Not Co.*, Box 3325, Dept. S-1, Los Angeles, Cal. 90051.

Wrought Iron Wine Rack

For *Sunset's* wine lovers. This beautiful, unique six-bottle wine rack is hand crafted by the descendants of the early artisans of Spain and provides convenient and attractive storage for your favorite wines. An excellent gift idea and decorator item finished in satin black. $10.95 prepaid by check or money order only. (California residents add 55¢ sales tax.) Prompt delivery guaranteed. *El Estilo*, 31804 Camino Capistrano, San Juan Capistrano, California 92675.

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rid of unsightly, stubborn hard water ns quickly, easily, thoroughly. Works won- s on windows, shower doors, mirrors, tile, ome, porcelain, glass flower bowls, auto fin- es. Contains no harsh acids or skin irritants. nsumer tested 9 years. Money back guaran- 10 oz. package $1.79 postpaid plus 9¢ tax California. If not at your hardware store, d check or money order to: Bruce Sales mpany, 1823 West Harvard, Fresno, Cali- nia 93705.

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For a plush green lawn attach this lightweight Ken-Greenit® Aerator to your garden hose. Watch 4 water jets speedily break up tough soil, including hard pan, 6-8" deep, allowing water, air, and fertilizer to instantly penetrate to grass roots where it is needed. Eliminates costly soil penetrants. Uncond. Guarantee to beautify your lawn. Pat. Pend. $9.95, includes postage. Calif. res. add 50¢ tax. No COD's. Ken-Doit Co., P.O. Box 20624, San Diego, CA 92120.

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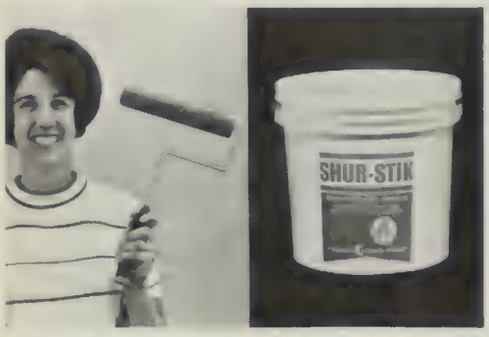

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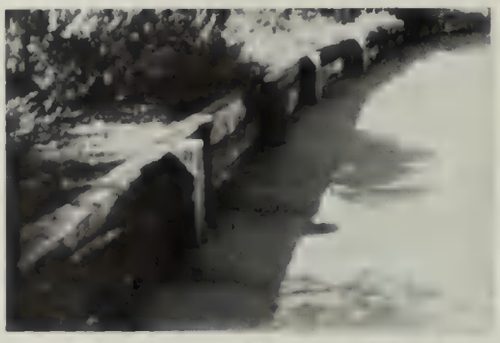
Anyone can hang vinyl, burlap, flock or foil wallcoverings with Shur-Stik Ready-Mixed Vinyl Adhesive. Simply apply as it comes from the container, using a brush or roller. This superior adhesive is specially formulated to make adjustment on the wall easy—even for neophytes. Shur-Stik Vinyl Adhesive costs $1.70 a quart; $4.50 a gallon. You'll find it at most paint and wallpaper departments. Crescent Chemical Co., 2986 E. Century Blvd., Lynwood, CA 90262. No COD's please.



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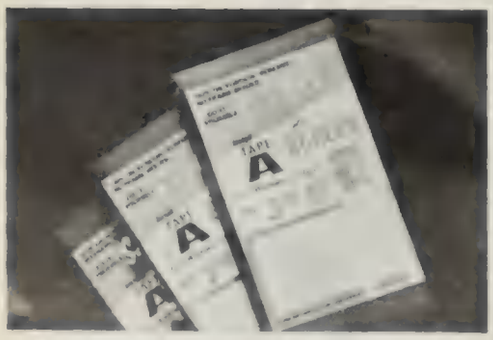

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No frame or screws needed. Contains 36" x [illegible] strong fiberglass screen cloth; 25 lin. ft. of [illegible] sensitive double-faced tape. Screens 3 windows or 1 door. Simply apply tape around perimeter to be screened, stick screen cloth on [illegible] side of tape, trim off excess screen. Send check or money order for $3.98 ppd., (Washington residents add 20¢ sales tax) to *Miller-Wm Manufacturing Company, Inc.*, [illegible] South "G" Street, Tacoma, Washington 98405.

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Hand made Art Work by Cuna Indians of the Panan[illegible] Islands. Various colors and designs of washable c[illegible]ton appliqued with million stitches. 8x8" $4.95, 18x[illegible] $14.95, appropriate for wall plaque and dresses. [illegible] 14" pillow case $24.95. Handbag with wooden hand[illegible] $29.95. Air postage paid. Send M.O. "Las Melliza[illegible] Box 6390 Panama 5, R. de P. Reference 1st Nation[illegible] Bank of Chicago, Panama.

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Do your caulking job one time only. . .with Dow Corning® 785 Interior Sealant. This white, ready-to-use sealant is mildew resistant; hardness and adhesion do not change with age. It provides excellent adhesion to non-porous surfaces . . . fiberglass, porcelain, aluminum, metal, glass, and ceramic tile. Ideal to seal around bath tubs, shower stalls, kitchen fixtures, ceramic tile grouting, window sills, etc. With consistency of toothpaste, it flows easily in any weather, cures rapidly, and will not slump on overhead and vertical surfaces. With standard caulking gun you can do a professional, permanent sealing job.

1/12 gallon standard gun cartridge . . . **$4.35** incl. tax, postpaid.

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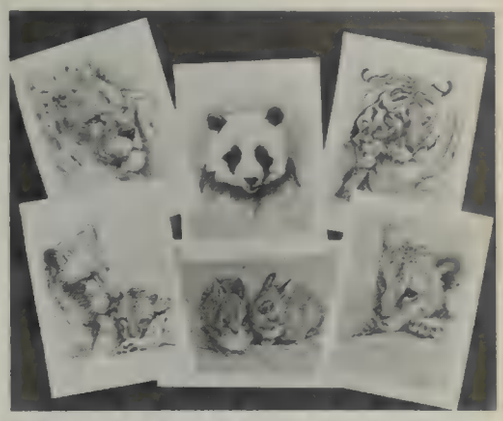

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Mounted on mat board, ready to frame

11″ x 14″ . . $5.00 ea
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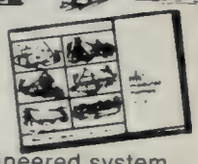

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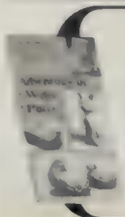

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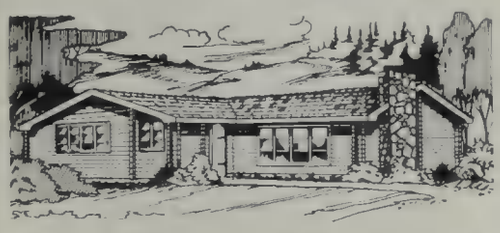

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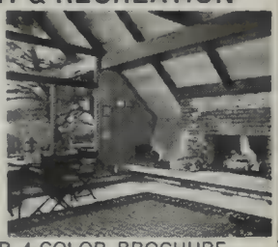

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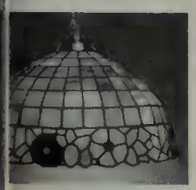

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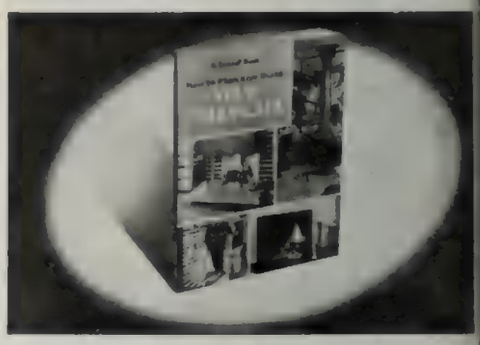

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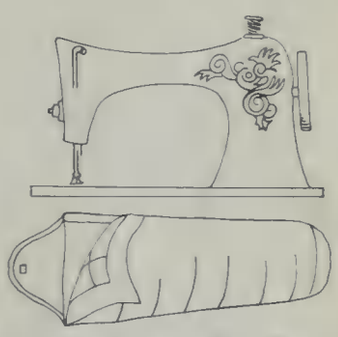

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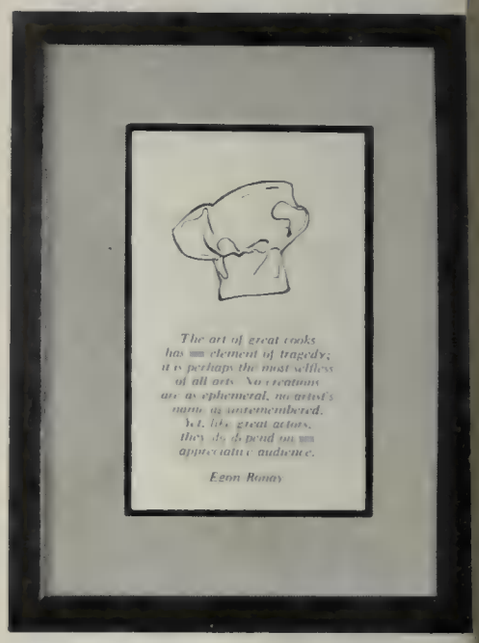

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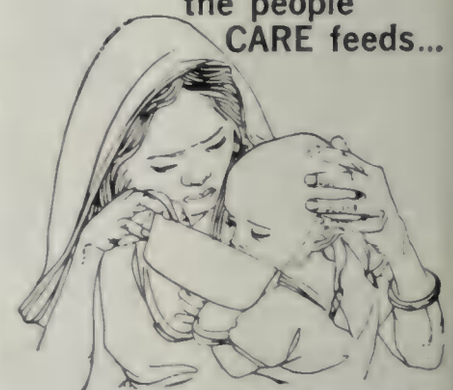

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NORMAN A. PLATE

Orange *gazanias attract visitor in nurserymen's garden. Big concrete rounds form walk*

Which ground cover? Come see for yourself

Visitors to the Strybing Arboretum-*Sunset Magazine* Demonstration Home Gardens in San Francisco's Golden Gate Park have several new things to see. One is a demonstration of 10 ground cover plants growing side by side next to the entrance walk. You can see how well they grow and flower, and compare their foliage, color, and texture. All are labeled and available in nurseries.

Farther along the walk, also on the right, is a new cool, tree-shaded fuchsia garden donated and planted by the San Francisco branch of the American Fuchsia Society. It will reach peak bloom from about midsummer into late fall.

The wood screens, which define the garden spaces, the benches, and walks, were designed by landscape architects Eckbo Dean Austin & Williams.

Paths through the fuchsias lead to the adjacent nurserymen's garden, identified by giant concrete rounds used as an informal walkway.

The design, plants, and planting were provided by members of the Peninsula Chapter, California Association of Nurserymen. (They also provided the plants and planting for the ground cover plots.)

What's your choice *in ground covers? Here you can compare 10*

The demonstration gardens are adjacent to the Hall of Flowers, Ninth Avenue and Lincoln Way. They're open weekdays from 8 A.M. to 4:30 P.M., and from 10 A.M. to 5 P.M. on weekends and holidays. Admission is free. □

LETTER FROM *Sunset*

Oregon's environmental action

Our research for the article on the Willamette River Parkway (page 54) reminded us anew of how deeply Oregonians—from private citizens all the way up to the legislature and Governor Tom McCall—are concerned with preserving their state's environment. We'd like to share some of their recent efforts with other Westerners.

Oregon's Department of Environmental Quality, with its power to levy fines against air and water polluters, has done a great deal to restore and maintain the Willamette's water quality. (Salmon that couldn't tolerate the river before are now building up populations.) The same department encourages industries to clean up by giving tax credits to those that install antipollution equipment. It has plans to award seals that can be displayed on the merchandise of companies that take outstanding steps against pollution.

Just recently the Oregon Department of Environmental Quality began holding hearings to set limits on another form of pollution—urban noise. New regulations intended mainly to limit mining already place tight controls on noise level in wilderness areas.

A new Scenic Waterways System has the power to protect six Oregon rivers from dams and uncontrolled development along the shore. (In California, the legislature has been considering bills that would protect certain "wild rivers.")

To help protect the countryside from litter, another new Oregon law is scheduled to go into effect this fall: All carbonated soft drink and malt beverage bottles and cans must be sold with a deposit. The same law also forbids the sale of cans with pull-tab openers. (The law's constitutionality is currently under challenge in a court suit.)

In still another action, Oregon is encouraging alternatives to the automobile as a means of transportation. Legislation passed last year sets aside one per cent of all state and local highway funds to install bicycle and foot trails along existing and planned roads. (In 1972-73 that amounts to $4 million.) About 45 miles of bike trails are already in, mostly connecting residential areas with shops and schools or going along other much traveled urban routes. The State Highway Division is still testing to determine whether bike lanes are best defined with striping, flexible posts, or curbing.

Some of Oregon's programs are still in the experimental stage. All Westerners concerned with solving our environmental problems will be watching for the results.

WINDOW ON THE WEST: *Oregon Dunes*

Shifting sands will soon cover footprints left by a solitary walker in the dunes along Oregon's coast. The Oregon Dunes National Recreation Area established in March, 1972, contains a 40-mile strip of country like this—rolling hills of loose white sand, scatterings of forest trees and beach grasses. The new recreation area from Coos Bay north to Florence also includes sandy beaches, marshes, small freshwater lakes. □

August 1972 50 cents

Sunset

The Magazine of Western Living

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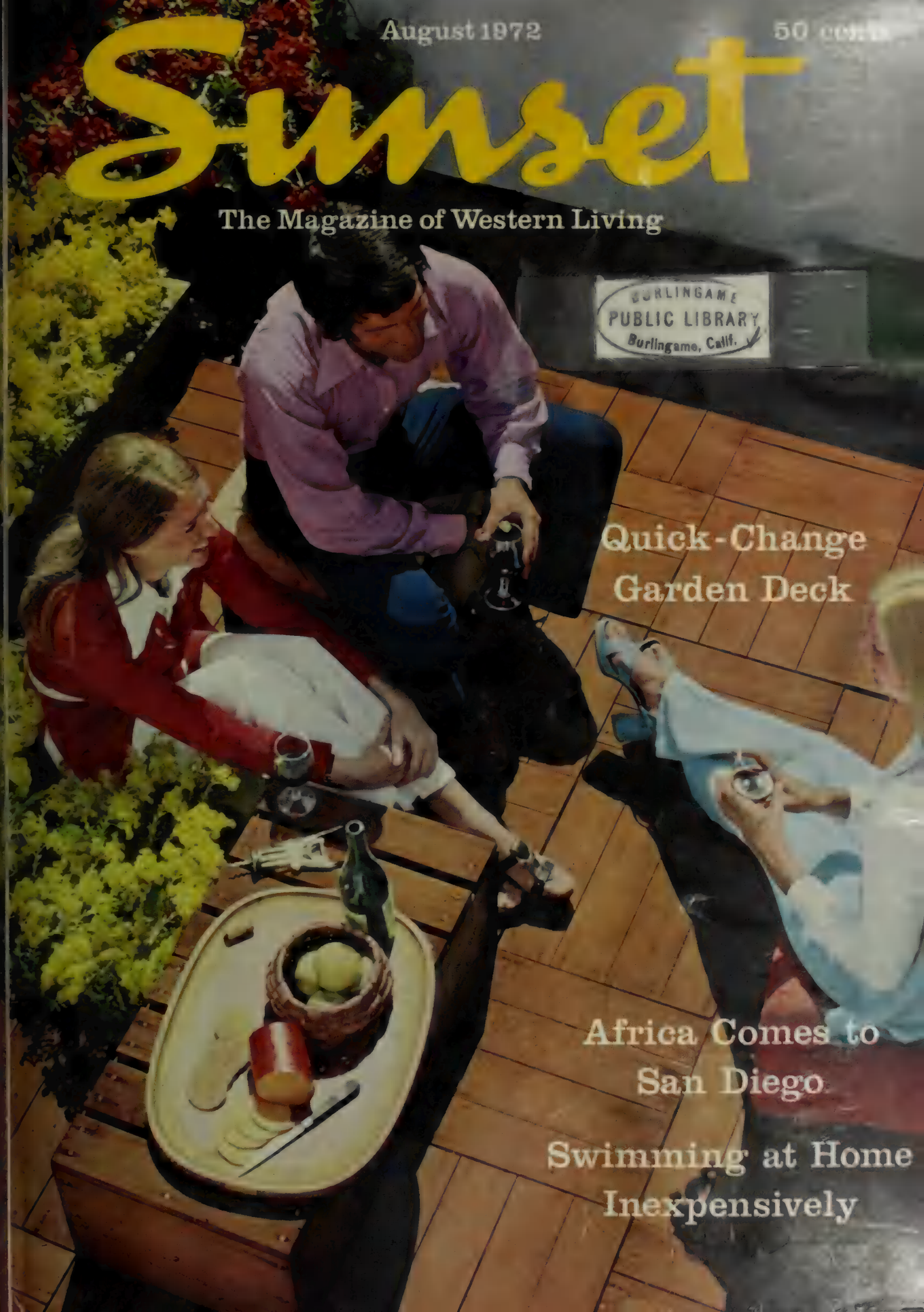

Quick-Change Garden Deck

Africa Comes to San Diego

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FROM NISSAN WITH PRIDE

Sunset* The Magazine of Western Living*
THE PACIFIC MONTHLY*

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The Cover Story

On this month's cover and on page 54 you see one of the projects developed on Sunset's home grounds in Menlo Park. It's a modular decking system specifically designed for use in small areas. Easy to build and portable, it can be set up, rearranged, or moved in a matter of minutes. Photograph by Darrow Watt

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A LOT OF LITTLE CARS HAVE TWO DOORS. THIS ONE HAS TWO ROOFS.

Vega is a little more car than a lot of little cars.

The roof, for instance, is constructed of not one but two separate steel panels, one under the other, to add strength and quiet to the car.

And although, like we said, a lot of little cars have two doors — very few of them have steel guard beams built into them, like the Vega doors do.

Vega gives you more engine than most little cars: A 140-cubic-inch overhead cam four that can handle turnpike speeds quite comfortably without a lot of straining.

And where some little cars let you feel every little bump, Vega has big coil springs at all four wheels to help take the harshness out of the ride.

The point of this ad is quite simple. We're just telling you that our Vega, although not a big car, is certainly a lot of car.

From road to roofs.

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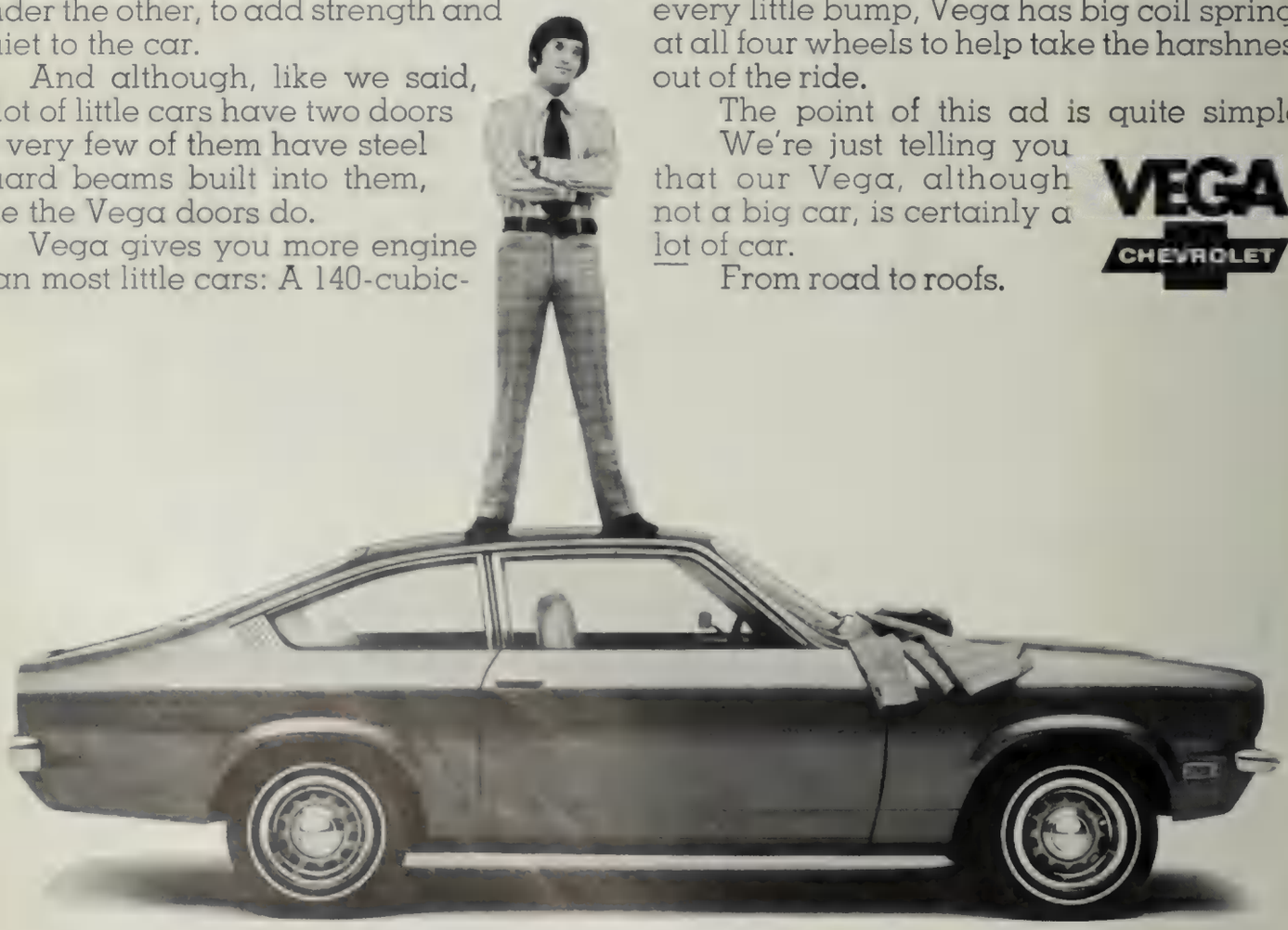

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lights of fancy and balsa

Iodel gliding enthusiasts will tell you ıat their radio-controlled planes aren't nodels" of anything. They're not a ıiniaturization of reality but a reality of ıeir own.

ıdeed, a covey of gliders soaring in voops and circles over a coastal moun- in is a heady sight (one you can ex- erience most weekends if you go to the ght place). Launched with the flourish a discus toss, the planes fly in search an ascending air current. With luck ıey may stay aloft for hours.

Iost have been painstakingly assembled om the clutter of precut balsa parts ›und in a $25 kit, and they're designed ith many of the same aerodynamic finements as a sailplane able to carry passenger.

'ings, spanning 100 inches or more, e covered with a thin plastic film that ıts drag, and the fuselage has a silk or ›er skin for lightness. The plane itself vith glue, paint, and covering) is an vestment of about $50, while the radio ear that guides it runs from $65 to 135. The whole craft weighs just 3 pounds.

By moving a stick on his book-sized console, the pilot can make his plane dive, climb, or turn—operations that some model fliers will argue take more finesse than controlling a real plane. Radio impulses activate a servo mechanism that moves the elevator and rudder.

When the gliders are launched by hand from a hillside, it is called slope soaring. The wind swoops up the face of the slope and the pilot maneuvers his craft to find the most advantageous currents.

Thermal hunting involves other techniques. Planes are launched by a propulsion device—in some cases a 200-foot length of surgical tubing. The glider is pulled back and released like the stone in a slingshot. You will see this method at playgrounds or parking lots where the pilots circle their planes searching for swirls of hot air rising from asphalt.

Though they can still be controlled up to a mile and a half away, the model planes are rarely let out of sight. Instead, pilots attempt to gain altitude vertically, turning and spiraling their gliders in the

Model gliders *circle above Marin hillside in search of rising gusts from ocean breeze*

'ith a lunge, *model glider pilot launches his craft. Both men hold radio control transmitters*

LEE FOSTER

Sunset *The Magazine of Western Living* • *August 1972*

Home economist *tests cheese fondue on camp stove. For fire safety, she has stove on top of fire pit*

Out of the kitchen and into the park

The camp menus in this issue were not dreamed up in *Sunset's* test kitchen. The ideas came from our readers and from *Sunset* food editors who cook in camp. And for the recipe testing, staff home economist Meredith Auerbach went to a nearby county park to work under live fire conditions with the camp cook's minimal equipment.

Our testing took into account the range of campground facilities and camp cooking equipment. We test-cooked over both wood and charcoal, and on portable camp stoves of different sizes using different fuels.

This is our way of trying to make sure that no matter where or how you cook in camp the ideas reported on page 56 will work for you. □

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summer breeze.

Here are a few places where you'll probably see weekend gliding: Coyote Hills Regional Park, near the east end of the Dumbarton Bridge on State Highway 84; Del Mar High School in San Jose; the cliffs at Thornton State Beach west of Daly City; and an unnamed hill above Muir Woods on the Panoramic Highway (the road up Mount Tamalpais in Marin County).

The last location is easily one of the most spectacular viewing points. Take the State 1 (Stinson Beach) turnoff from U.S. Highway 101. Look for gliders on the left a mile north of the intersection of State 1 and Panoramic.

Benicia's Peddlers' Fair

Cullings from a hundred attics will go on sale Saturday, August 12, at the Benicia Peddlers' Fair. Spaced along the main street of this Solano County town will be more than 250 exhibitors.

Since antiques are one of Benicia's sustaining businesses anyway (nearly a score of shops in town), you can anticipate seeing Victorian furniture, clocks, coins, and bottles. But what many of the peddlers will be selling could rightly be credited with putting the "flea" in flea market: oddments of every description, from old toys and clothing to knick-knacks and dishes.

Proceeds from the sale of booth space will be used to maintain an old church, one of Benicia's historic monuments. The town was once the state capital and the old capitol building still stands.

Benicia is located on the north shore of Carquinez Strait. To get there, take Interstate Highway 80 and turn east on Interstate 680 about 2 miles north of Carquinez Bridge.

Hours of the fair are 9 A.M. to 5 P.M.

Freshwater swimming

Midway between King City and Paso Robles, and a few miles west of U.S. Highway 101, are two spidery manmade lakes that offer some of the best freshwater recreation in northern California.

San Antonio and Nacimiento reservoirs will probably have a water temperature in the mid 70's or 80's this month, and because they are on the inland side of the Santa Lucia Mountains, there will be little fog. That makes conditions excellent for swimming and waterskiing. (Water levels will be about a third lower than normal this summer because of a dry winter, but that shouldn't affect boating and fishing.)

There are resort areas with boat launching facilities, beaches with lifeguards, and camping sites. Both reservoirs are maintained by the Monterey County Department of Parks, although Nacimiento, the less developed of the two

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SCHOOL AND CAMP DIRECTORY

is the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

TRAVEL DIRECTORY beginning page 6

GARDEN CENTER beginning page 157

FINE FOODS CUPBOARD beginning page 106

SHOPPING CENTER beginning page 160

GERALD R. FREDRICK

Quiet *weekday at San Antonio Reservoir. Visitor leaves resort cafe*

is in San Luis Obispo County.

Recreation and park areas on Nacimiento are at the southeast end of the reservoir off Nacimiento Lake Drive, which comes northwest from Paso Robles. On San Antonio Reservoir, there are facilities on both the north and south shores. Resorts are well marked and signs on U.S. 101 will lead you to the reservoirs.

The campgrounds have water and toilets. More than a thousand campsites are available (no reservations required, but come early on weekends). The day-use fee is $1.50; camping is $2.50 a night for each vehicle, $4 for special trailer or camper hookups. There is a $2 boat fee; a safety inspection may be required. □

For travel planners, an August check list

South America tour. For a close look at South America, you can join a 38-day motor coach tour from Lima, Peru, to Rio de Janeiro, Brazil. Itinerary includes visits to Machu Picchu, Lake Titicaca, Santiago de Chile, Mendoza, the pampas of Argentina, and Iguazu Falls. Tour price of $615 includes transportation from Lima to Rio and some hotels. Meals, round-trip air fare to South America, and miscellaneous items are additional. For departure dates and detailed information, contact Braniff International Airlines or see a travel agent.

Canoe trails. An 86-page booklet, *Makens' Guide to U.S. Canoe Trails* contains an extensive list of navigable rivers, including the location of river sections suitable for canoeing, length of trip possible, portages required, and difficulty of the run. The book is not intended as a comprehensive guide but should be used as a starting point for gathering maps and information on current river conditions. The $4.95 book can be ordered from Le Voyageur Publishing Co., 1319 Wentwood Dr., Irving, Texas 75061.

Exploring London. The Travel Index is the name of a new service geared to the personal interests of visitors to the London area. You choose six subjects from a hundred interest categories, such as children's London, popular pubs, or antique shops. For each subject chosen you are sent six fact sheets each containing information on a different attraction. The 36 fact sheets are sent with general information on visiting Britain and local maps. The service costs $12.50 and you can pick up a travel index subject list from BOAC offices or write to The Travel Index, 270 Madison Ave., Room 200, New York 10016.

Central Asia tour. A 32-day photography tour of the highlands of Asia departs Los Angeles on September 7. Itinerary includes the Valley of Hunza in Pakistan, the mosques and markets at Kabul in Afghanistan, the carved Buddhas at Bamian, and Tashkent, and Samarkand. Tour cost of $1,845 includes all land arrangements, hotels, and meals. Round-trip air fare from Los Angeles is an additional $1,193. For information, write to Thru the Lens Tours, 5301 Laurel Canyon Blvd., North Hollywood, Calif. 91607, or see your travel agent.

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

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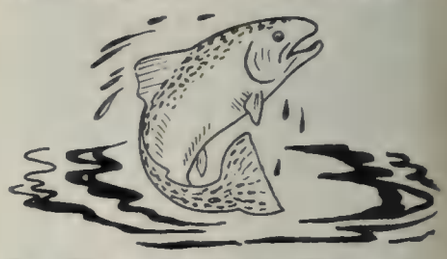

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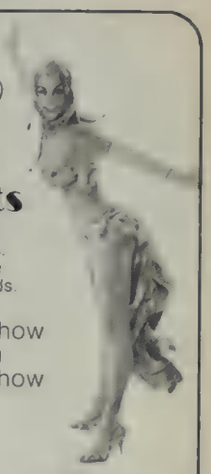

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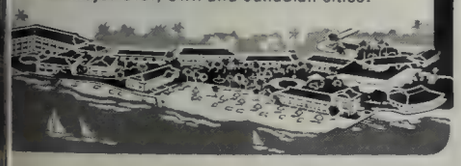

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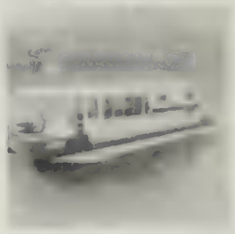

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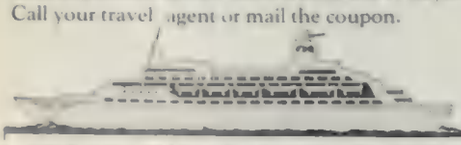

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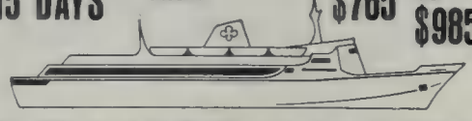

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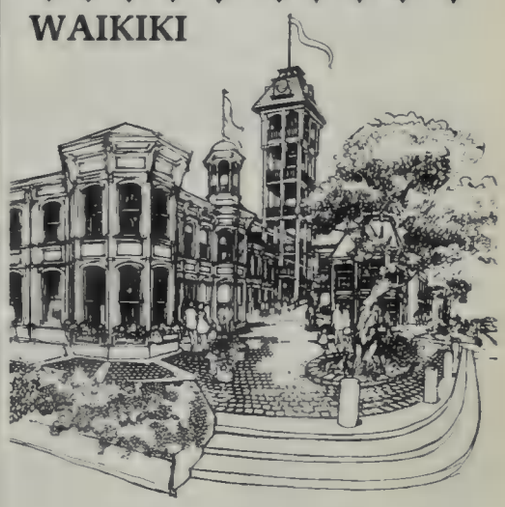

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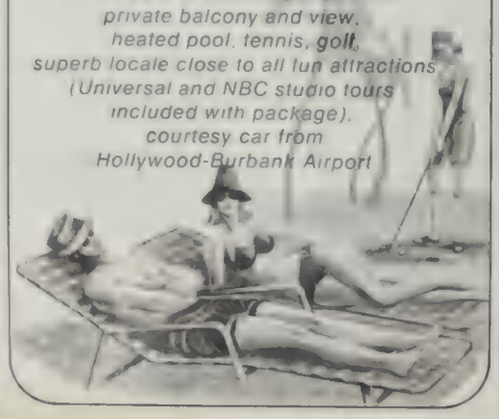

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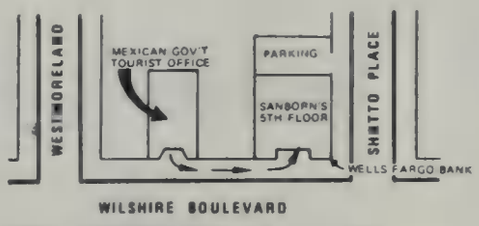

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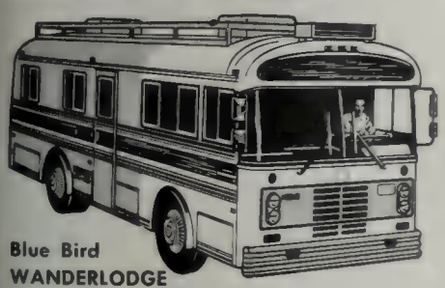

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The program is directed by Stanfor University music professor Sandor Salgc

Saturday, August 12, 3 P.M.: chambe music by selected members of the Mari and San Francisco symphonies. 8 P.M piano recital by Julian White.

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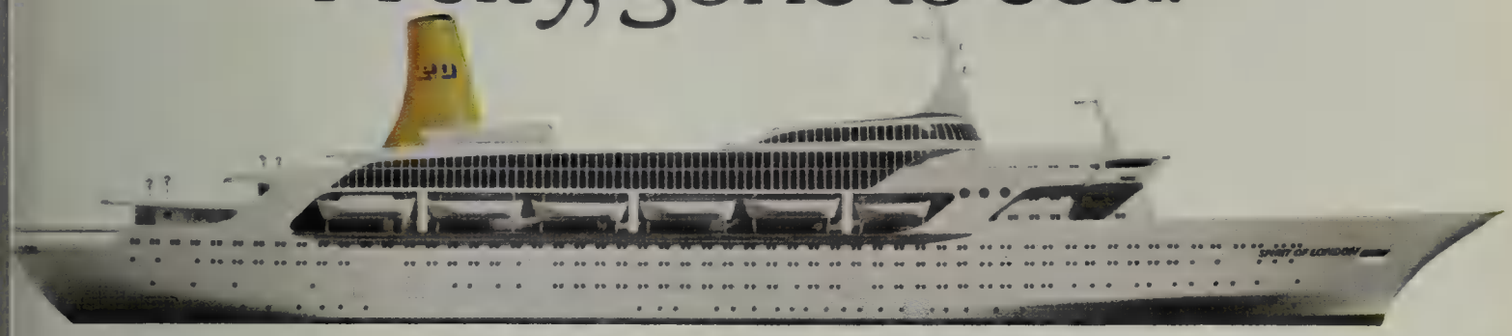

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5. If you'll leave your shoes with your room steward aboard *Spirit of London*, they'll be shined for you, as in a first-class London hotel.

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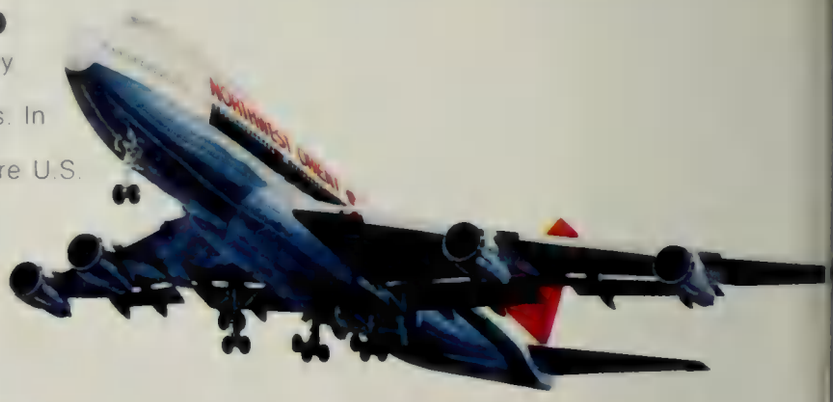

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MIKE HAYDEN

Hiker pauses *in lupine-filled clearing near trail crest before descent into lake basin*

Six miles . . . Ten Lakes Basin

The lakes *have names, but are more commonly identified by number*

Yosemite's Ten Lakes Basin, despite its name, doesn't contain 10 lakes. It was apparently named by John Muir during the height of the wet season. And while he withdrew to his cabin to write of "ten lovely lakelets lying near together . . . like eggs in a nest," runoff reduced the number to seven.

Getting there involves an easy day's hike on a forested 6-mile trail, with grazing mule deer and spectacular high country views along the way.

The trail starts at Tioga Road where it crosses Yosemite Creek, about 29 miles from Yosemite Valley (27½ miles west of the Tioga Pass park entrance). It climbs 2,200 feet through intermittent forest to a 9,700-foot crest before dropping sharply into the basin. The round trip is strenuous, so you should plan to camp in the basin overnight (or longer, if you plan to fish the lakes).

En route you catch occasional glimpses of Yosemite Creek Canyon, see 10,850-foot Mount Hoffman a few miles to the southeast, and—just over the crest—look down 4,000 feet into the granite vastness of Muir Gorge on the Tuolumne River. The trees frequently yield to clearings of meadow grass and chaparral, dotted with glacier-polished granite and occasional wildflowers. At Half Moon Meadow, 4 miles from the trailhead, you may find small, cool summer streams where

Fisherman *has hooked something. Pan-sized trout are easy to locate in small lakes*

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If you insist on spending extra, Capri can offer you automatic transmission, a sun roof, vinyl top, and decor group interior (illustrated).

But Capri doesn't need many options because it comes equipped with so much.

So much for so little. That's Capri. That's the kind of spirit we need more of!

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you can refill your canteen. Just before the summit, you'll see a vaguely defined trail cutting southeast through meadow and dense timber to the Grant Lakes. They're hard to reach but well stocked with trout.

The seven wooded lakes have names, but they're commonly identified by number, counterclockwise from the north. The main trail leads from the south end of lake 2 to the top of lake 6; these are the biggest—18 and 17 acres, respectively—and the most heavily fished. There are no clear trails to the other five lakes, but you can reach them easily with a USGS topographic map, available at Yosemite Visitor Center in the valley.

Lakes 1 through 5 contain both small rainbow and Eastern brook trout, while the other two have rainbow only. Try ¼-ounce flashbaits if you're spincasting,

MIKE HAYDEN

Young backpackers *move easily along first part of trail. Later it rises sharply through cedar, juniper, and pine*

but for insurance you should take along salmon eggs and some red worms. Fly fishermen may have to roll-cast to avoid snagging the close-in foliage.

You can stay at the main campsite at the south end of lake 2 or find your own smaller clearing a short hike away (the basin is crowded during the Labor Day weekend, beginning September 1).

Avoid small ponds and potholes: Mosquitos can be bothersome.

You'll need a fire permit, available free at the park entrance, any ranger station, or the self-registration station at the trailhead on Tioga Road (entrance to the park itself costs $3 per vehicle). Fishermen will need a California license. □

HBC

The Nonsuch, *replica of seventeenth century sailing vessel built by Hudson's Bay Company, offers striking contrast to power boat on Puget Sound*

DON NORMARK

Crewman hangs *precariously over gunwale to load a powder charge in one of Nonsuch's six 2½-pound cannons (left). Noisy explosion (below) engulfs foredeck in white cloud*

This ship of 1668 will visit Puget Sound in 1972

Visitors touring *ship lean over poop deck railing to ask question of crewman below*

n the days when men went to sea in sailing ships, square-iggers like the two-masted ketch *Nonsuch*, pictured here, vere not an unusual sight. But today a glimpse at those tall nasts, banks of square-rigged sails, and high poop deck are nough to make anyone look twice.

The 53-foot-long *Nonsuch* is for real, though. A full-scale eplica of two-masted ketches of the seventeenth century, she vill call at Northwest ports this summer, and there's still time o get a look at her or to take a tour aboard before the end of he season. She'll be in Vancouver, British Columbia, July 29 nd 30; in Puget Sound ports, including Anacortes, Blaine, Bellingham, Friday Harbor, and Orcas Island, August 1 to 15; n the Canadian Gulf Islands and Vancouver Island ports, August 16 to 31; and in Victoria's inner harbor, September 1 o 5. For a more detailed schedule, write or phone the Cana-ian Government Travel Bureau, Plaza 600 Bldg., Seattle 8101; (206) MAin 4-8341.

The original *Nonsuch* was commissioned by English mer-hants to make a fur trading expedition to North America in 668. She carried a dozen men or more, a crew twice as big s that of her modern replica. The voyage led to the founding f Hudson's Bay Company. It was to celebrate its 300th anni-ersary in 1970 that the company had the new *Nonsuch* built.

Authenticity was stressed. But since plans for the original hip didn't exist, five months were spent researching seven-eenth century vessels and designing the new *Nonsuch*. It ook another 10 months to build her.

Only seventeenth century shipwright's tools, materials, and nethods were used—oakum caulking in hull seams, hemp opes, tarred rigging, oak pegs to fasten planking to the ramework, Scotch pine masts, an elm keel, and hand-sewn anvas sails. The ship is armed with six 2½-pound cannons. Scores of hand carvings festoon the hull—dogs crouch on the eck rail, wreaths encircle gunports, mermaids and cupids mile down from the fantail between lion masks and great wirls of foliage.

With only a few concessions to modernity—toilets, electric lights, a larger galley, a diesel engine—the *Nonsuch* may be among the most authentic ship replicas ever built.

She spent one season sailing in England and two seasons making calls at Canadian and U.S. ports on the Great Lakes before coming west last fall. At the end of this season the vessel is tentatively scheduled to return to Canada, where she'll be housed permanently in a Manitoba museum. □

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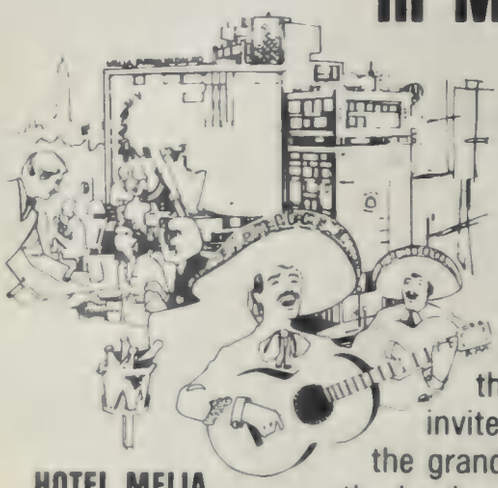

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FRANK JEN

Passengers *and crew mix before tra starts. Rugged cliffs of Utah's Wasat Mountain State Park form backdr*

Utah speedster averages 3 mph

They call the old train the Heb Creeper because it takes 3½ hours make the 36-mile round trip throu Utah's steep and scenic Heber Valley.

That the train runs at all testifies to t spunk of valley residents. In 1969, freight line operated for 50 years by t Denver & Rio Grande Western Railro was closed down and state offici wanted to use the right of way for a fre way. But local people wouldn't hear it. A group leased the roadbed and a cepted three donated steam locomotiv and other rolling stock. Last summ service began on the new Wasat Mountain Railway.

Passengers can take the picturesque ri from Heber City through grassy mou tain meadows and sagebrush countr The Heber Creeper skirts Deer Cre Lake and continues through foreste Provo River Canyon to Bridal Veil Fal You can ride in open-air cars or regul passenger cars.

The train runs Wednesday through Mo day until Labor Day. Round trip fare $4; $2 for children 2 through 12. F schedules and charter information, wri to the Heber Creeper, Box 69, Heb City, Utah 84032. Heber City is at t junction of U.S. Highway 40 and U. 189, 28 miles northeast of Provo.

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MARTIN LITT

Costumed *riders on richly outfitted mounts are prominent in big parade*

Old Spanish Days in Santa Barbara

Santa Barbara takes naturally to fiesta. One reason is that so many of the ear Spanish and Mexican families staye there long after the Yanks took over.

Old Spanish Days, August 9 through 1 this year, has been held every year bu one since 1924. But the fiesta traditio in Santa Barbara could be traced back t 1820, when the mission was dedicated.

The fiesta parade, *El Desfile Histórico* at 1:15 P.M. on August 10, include horsemen, marching bands, floats, an dancers. Horsemen put on a special sho at 3 P.M. on August 11. And childre will have their own parade, *El Desfile a los Niños*, at 10 A.M. on August 12.

Other entertainment. Juan Talavera an his Spanish dancers will appear at Lober Theatre nightly August 9 through 1 with matinees the last three days.

The *Competición de Vaqueros*, a pro fessional rodeo and stock horse show will be on at Earl Warren Showgroun Arena the evenings of August 10 throug 12 (matinees August 12 and 13).

Noches de Estrellas, evenings at Sant Barbara County Bowl will present Sergi Mendes August 10, Carlos Montoya Au gust 11, and Jose Feliciano August 12.

For the complete program, includin many other events, write Old Spanis Days, Box 1587, Santa Barbara 93102.

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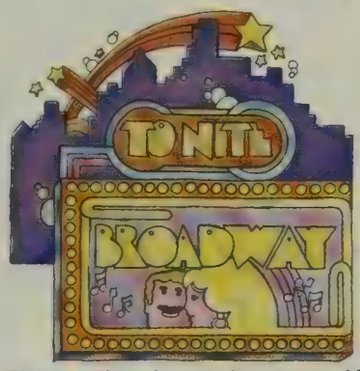

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Sunlight *filters through a row of white pines. Trees of many varieties shade grassy areas of park*

FRANK JEN

Brigham Young's old country place . . . for picnics, concerts, carousel rides

Salt Lake City's Liberty Park, with its shaded lawns, historic pioneer homestead, and lively aviary, is a pleasant place to picnic or stroll near the downtown area of the city.

It's easy to reach. Just take State Street about two miles south from Eagle Gate (a block east of Temple Square) to 9th South Street. Go east five blocks to the park's north entrance at 6th East. Then follow that street through the center of the park.

An area of about 10 large city blocks, it was once the property of Isaac Chase, a Mormon settler who built a house and grist mill on the site in 1852. In 1860 buildings and property were acquired by Brigham Young.

You can see the grist mill, a horse-drawn fire engine, stage coach, and a narrow gauge locomotive in the center of the park. A short walk from the mill is the restored Chase house, later one of the country estates of Brigham Young. The adobe house, with its pioneer furnishings, is open to the public from April 15 to October 15, 10 A.M. to 5 P.M. daily. There's no admission charge.

The park's main thoroughfare, Sixth East Street, is shaded by Canadian cottonwoods. Many of the locust trees, cottonwoods, and mulberries you will see were planted by Isaac Chase and Brigham Young. But hundreds of other trees and shrubs in wide variety have been planted since the area became a park in 1882. Formal gardens and a floral calendar display adorn the front yard of the Chase house.

Tracey Aviary occupies most of southwest corner of the park and f tures an extensive collection of wat fowl, tropical birds, and 50 species small birds. The aviary is open ev day from 10 A.M. to dusk and there is admission charge.

Across the street from the aviary is L erty Park Lake and its large duck p ulation. Nearby is an amusement a that offers several rides, including a f ris wheel and an old fashioned carous A municipal band performs Sunda June through August, in the park's vilion near the lake. The concert sta at 7:30 P.M.; admission is free.

Band concerts *are held June through August (Sundays only) in the park pavilion*

New building *in Tracey Aviary houses tropical birds. Aviary has several thousand birds in all*

January 2, 1973

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Now it's an easier drive to McKinley

A brand-new Alaska highway is good news for travelers from Anchorage to Mount McKinley National Park: It knocks 150 miles off the old Denali Highway access and shortens the distance to Fairbanks by 80 miles.

Officially opened last year, State Highway 3 is an all-weather road that follows about the same route between Anchorage and Fairbanks as the Alaska Railroad (which has added new vista-dome cars to its once-a-day service between Anchorage and Fairbanks).

State 3 should be almost completely paved by the end of summer. In June it was paved to milepost 134 at the Chulitna River bridge. Past there the road, still wide, is improved gravel to mile 211, where it connects with the old Denali Highway (State 8). The road then narrows and becomes rougher for the 39 miles to McKinley Park. Pavement starts up again at mile 250 and continues into Fairbanks.

The entire road is 357 miles long. Gas, food, and lodging can be found in several small towns along the way. Because of the expected increase in visitors driving to Mount McKinley Park, the National Park Service has closed all but the first 10 miles of road in the park to private vehicles. Sightseeing buses and free shuttle service to the Eielson visitor center will be provided.

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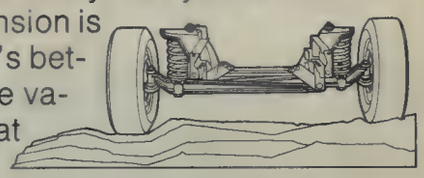

FORD RECREATION VEHICLES

Visitors *walk near monument's Bohemian Grove. Redwood rails mark paths*

Cross section *is from log 1,021 years old. Muir Woods itself was never logged*

The handiest redwoods . . . 17 miles from San Francisco

Ferns *and redwood sorrel create patterns on canyon floor*

Muir Woods National Monument is s close to San Francisco that it's traditior ally been the handiest place to introduc out-of-town visitors to the redwoo country.

One of the Bay Area's few stands c redwoods not logged off in the 1800'! the monument was set aside in 1908 b President Theodore Roosevelt.

To reach Muir Woods from San Fran cisco, drive north 12 miles on U.S. High way 101 to the turnoff to Stinson Beac by way of State 1. Follow State 1 for 2½ miles to the Muir Woods turnoff, the go another 2½ miles to the monumen entrance.

Once inside the gate, you enter a cathe dral-like grove of redwoods, their hug trunks surrounded by a delicate carpe of ferns and redwood sorrel.

The park is suited to hikers of all abi ities. From the easy, level paths tha follow the canyon floor and Redwoo Creek you can depart in a number c directions on Hillside Trail, Ben Johnso Trail, or Fern Creek Trail. Each con nects with trails in Mount Tamalpai State Park.

Fern Creek Trail is particularly beautifu as it winds up a deep, dense redwoo canyon toward Mount Tamalpais. Th Ben Johnson Trail goes 4 miles to Stin son Beach. Weather can be cool and we even in summer, so bring a light jacke You can pick up a trail map and bro chure at the monument's entrance.

No picnicking is allowed in Muir Woods but lunch can be purchased at a conces sion near the entrance gate. For pic nicking, drive south 2½ miles to Mui Beach. The monument is open fron 8 A.M. to sunset every day; admission i 50 cents (children under 16, free).

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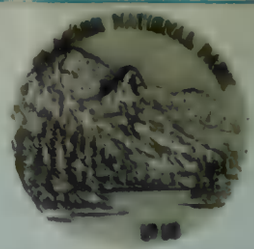
Keystone Medal



Glacier National Park

Yosemite National Park

Everglades National Park

The Official National Parks Centennial Medal Series

A portion of the proceeds from the sale of each medal goes directly to the National Park Foundation for the further improvement and development of parks in the United States.

)ne hundred years ago, the establishment of Yellowstone as National Park was the first official act by the United States › preserve its natural heritage. The inspired foresight of ▪ entury ago that protected the wild magnificence of Yellowtone saw the birth of the remarkable National Park concept —a concept since adopted by more than 90 other nations. Iere in our own country, the early vision has become the ramatic reality of 36 separate parks. They preserve for all ›mericans the spectacular wonders and untrammeled graneur of God's creation at its most awesome and most beautiful.

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Proceeds benefit the National Park Foundation

'he National Parks Centennial Medal Series is produced nder the auspices of the U.S. Department of the Interior Iational Park Service and under contract from the Iational Park Foundation by National Park Service Iedalists, Roche Jaune, Inc. of Kalispell, Montana. ubscriptions to this series provide an opportunity › own a valuable art medal collection, to share ı the 100th Anniversary and to contribute to ıe maintenance of the present parks and reation of new ones through the National arks Foundation. The Foundation will eceive a portion of the funds enerated by sale of the medals.

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When you subscribe to the full silver series, you will receive the Keystone Medal as ▪ complimentary gift. *This is the Official Yellowstone Centennial Commemorative.* You will also receive, as a gift, a handsome art medal album to keep and display all 36 medals.

Your complimentary Keystone Medal, album and the Official Medals for Yosemite, Glacier Park and the Everglades will be sent to you upon receipt of your reservation and check or money order for $44.25. Following this, two official Park Medals will be issued and sent to you each month. You will be billed $14.75 for each medal, or $29.50 per month for sixteen months.

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Because the medal series is a limited edition, fewer than one American in 15,000 will have an opportunity to own the complete collection. Subscriptions therefore must be accepted on a first-come, first-served basis and reservations expire this year. Please act promptly and avoid being disappointed. When your reservation Order Form is received and accepted, it will be acknowledged and the collection will be certified in your name.

National Parks Centennial Silver Medal Series
Reservation and Order Form

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Please accept my reservation for ___ set(s) of 36 National Park Centennial Medals in high relief .999 silver.

I enclose my check or money order for $44.25 per each set which I understand will bring me the first *four* medals in the series — including the complimentary first (Keystone) medal plus the display album — during July, 1972. Future medals are to be struck expressly for my account at the rate of two medals per month, and I agree to pay for them promptly ($29.50) upon being invoiced on ▪ monthly payment basis.

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You'll conquer the world with this one. The new Kodak pocket Instamatic 60 camera.

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The Pocket 60 takes the new little drop-in film cartridge. You get big sharp 3½ x 4½-inch color prints. Or color slides.

To show these new small slides, there are new Kodak pocket Carousel projectors. (You can also get adapters to show them on any 2 x 2 projector.) These new Pocket projectors, in stylish black with wood-grain panels, are only a little over 8 inches [illegible]. And yet they take a full 120-slide tray.

[illegible] the Pocket 60 at your photo dealer's. It's [illegible] $179. Kodak makes your pictures count.

New Kodak pocket Instamatic 60 camera.

Kodak

Flying into Baja gets better

Baja California's domestic air servic greatly improved this past spring whe AeroMexico added regularly schedule flights between Tijuana and La Paz wit stops in the popular fishing and reso towns of Mulegé and Loreto.

These local flights supplement existin nonstop daily flights between Tijuan and La Paz, and international nonsto flights by many airlines to La Paz fro Los Angeles, Phoenix, and Tucson.

The new local flights leave Tijuana eac Monday, Wednesday, and Friday a 9:30 A.M., stop briefly at Guerrer Negro on Scammon's Lagoon (you ca debark here if you wish), reach Muleg at 12:15 P.M., Loreto at 1 P.M., and ar rive in La Paz at 2:05 P.M. From La Pa the flight continues to Mexico City b way of Mazatlán. The return flight leave La Paz each Tuesday, Thursday and Sunday at 11:40 A.M., reach Loret at 12:30 P.M., Mulegé at 1:15 P.M., an Tijuana at 4:15 P.M.

The local flights utilize turbopro (Hawker Siddeley 748) equipment wit a seating capacity of 52 persons pe flight. Baggage allowance is restricted t 55 pounds per person, but scubadiver can bring along diving gear and air tank for a baggage fee of $8 roundtrip.

Single class roundtrip air fare is $99.1 between Tijuana and La Paz; $81.60 be tween Tijuana and Loreto; and $71.1 between Tijuana and Mulegé. For res ervations on the new Baja flights o AeroMexico consult a travel agent.

Beautiful Hawaii This affectionate photographic essay examines the tremendous variety and striking contrasts of the Hawaiian Islands. The famous views and the unexpected ones, splendid forests and rolling grasslands, sugar plantations and cattle ranches, luxurious resorts and friendly towns, jungled valleys and palm fringed beaches. Each of the more than 250 photographs (including 48 pages in full color) was chosen for the way it captures the mood and feeling of the islands. Through these photographs you can experience the

HAWAII

l of surfing off Oahu's western beaches, enjoy the colorful pageantry of the nesian Cultural Center, share the delight of a child floating in Hilo Bay, or relax catamaran glides serenely past. Each of the six major islands—*Oahu, Hawaii, i, Kauai, Molokai, Lanai*—is photographically explored. Relief maps introduce island chapter. The *Sunset* editors have thoroughly researched and studied each ograph. Informative captions are filled with fascinating details. A concise histor- introduction features intriguing old photographs and prints. This beautiful pic- l will delight those familiar with the islands and invite the uninitiated. Look for *tiful Hawaii* at your favorite book dealer. A special advance price of only $8.95 be in effect through December 31, 1972. (The regular price will be $9.95.) A ed quantity of the deluxe, slip-cased edition is available at $12.50.

Sunset Books Lane Magazine & Book Company
Menlo Park, California 94025

☐ Please send _____ copies of *Beautiful Hawaii*, billing me at only $8.95 (plus postage and packing) when delivered. I will remit in two weeks or return the book and owe nothing.

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the festivity is real enough.
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The thousand-year-old-airline.
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BOONE MORRISON

llowing *marked trail, visitors walk over recently cooled lava*

You can walk right up to Hawaii's young volcano

new volcano arrived not too long ago Hawaii Volcanoes National Park on island of Hawaii. Named Mauna u, it is still fascinating visitors with its uthful antics.

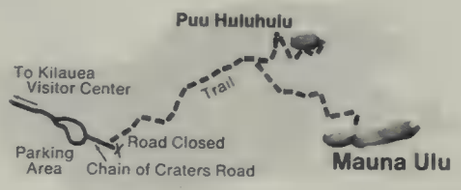
ou can climb to the crater's edge and molten lava 50 to 100 feet below, bbling, surging, and sometimes spurt- into fountains. (It was still continuing our press time.)

e creation of Mauna Ulu began more n three years ago on the eastern flank Kilauea Volcano. It sent flows of lava o the sea, buried sections of road and ed old pit craters. For a while it ieted down but flared up again in bruary.

e trail up Mauna Ulu begins at a lava adblock below a parking area 5 miles wn Chain of Craters Road. The trail mbs gradually for a mile over one of young volcano's earlier flows to the se of Puu Huluhulu, a prehistoric der cone, then up a recent outpour- . The landscape is mostly black pa- epahoe, fudgelike in looks but quite ttle. The lava isn't hot, but near the warm steam rises from cracks. Wear rdy shoes.

eck conditions at Kilauea Visitor Center, open daily from 7:30 A.M. to 5 P.M. The eruption area is normally open from 9 A.M. to 7 P.M., and a ranger is at the rim. Cars will be stopped at the Chain of Craters-Hilina Pali junction during off hours or if winds make fumes overpowering. You won't be allowed to make the climb if the crater's lava level drops, making the rim unstable, or if lava fountains are splashing up too high.

If Mauna Ulu is closed it's worthwhile to take the spur trail up Puu Huluhulu. From this 350-foot cone, barely higher than Mauna Ulu, you see fire only when the volcano sends up fountains, but the view is spectacular over many devastated miles. □



Trail starts *at lava roadblock, 5 miles from start of Chain of Craters Road, 9 miles from visitor center*

Bring your camper on this 20-hour inside passage mini-cruise!

Travellers have called it "the most spectacular coastal scenery in the world!" It's the North Pacific's island-sheltered **Inside Passage**, first discovered by early Spanish explorers. Now, sail it on the **Queen of Prince Rupert**, northbound or southbound, between Kelsey Bay on the northern tip of Vancouver Island, and Prince Rupert, the world's third-largest natural port, just below the Alaska panhandle.

Enjoy your own private stateroom, dine on fresh B.C. salmon aboard a sleek, cruise-like ship noted for friendly service. Photograph soaring mountain peaks, massive glaciers, mountain waterfalls and forest-clad islets.

Then, with your own camper, car or trailer, return via paved Canadian highways along the Totem Circle from Prince Rupert. Visit 'Ksan, famed authentic re-creation of an ancient Indian village. Set your sights on big game. Fishing? The *best!* You may even see black bear scooping steelhead from the mighty Skeena River. Pass through old goldrush country, sampling Cariboo country beef-steak along the way. Then head down the lovely Fraser River Valley to Vancouver and home. Or . . . do the trip in reverse. Fares: Camper and driver, $75; car and driver, $60; passenger, $30; child, $15. Stateroom slightly extra.

Queen of Prince Rupert Schedule Summer sailings to Sept. 21, northbound and southbound on alternate days. Sept. 23 - May 5, northbound leave Kelsey Bay Tues. and Thurs. Southbound leave Prince Rupert Wed. and Sat. **Off-season save 25%** on fares – car, camper, trailer, passenger – and staterooms, too!

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Children *play where Modoc Indians fought in rocky, interconnecting natural trenches of Captain Jack's Stronghold*

Visitors light *gas lantern before entering yawning darkness of Skull Ice Cave*

At the top of California, historic Lava Beds

Girl examines *loose cinder. Behind her, a twisted, stunted juniper grows in lava field*

GERALD R. FREDRICK

"Nobody will ever want these rocks. Give me a home here."

That last, desperate plea of Modoc Indian Chief Kintpuash (also called Captain Jack) was never fulfilled. A century ago this year, Captain Jack lost the battle for his homeland—the volcanic plains and caves that are now California's Lava Beds National Monument.

During a day's visit, you can explore some of the 300 caves and other striking volcanic features of the monument and reconstruct the battles of California's only major Indian war by roaming through complex trenches and natural fortifications.

On August 20, a guided centennial tour

'72 Pinto Wagon, shown at top with Squire option, optional whitewall tires, and luggage rack; shown at bottom, with optional whitewall tires and Base Accent Group

The Pinto Wagon.
For people who'd like an economy car if it carried more. Or a wagon if it cost less.

It's a solid Ford Pinto.

Under the hood, you'll find a tough little 2000cc overhead cam engine as standard equipment.

The body is welded solid. Then electrocoated against corrosion. Then painted five more times.

There's rack and pinion steering like on some expensive sports cars.

In normal use, recommended maintenance is only every six thousand miles or every six months.

So if it's economy you're after, you'll find plenty in this new Pinto.

It's a convenient Ford Wagon.

You can get it as a basic wagon (below), or with the Squire option (above).

It's only 10 inches or so longer than our Pinto Sedan: easy to handle and park. But put the rear seat down and you get over 60 cubic feet of cargo space. VW Squareback and Vega Kammback both give you about 50 cubic feet.

The lift gate swings up out of the way. The spare tire has its own well under the floor. The rear seat passenger windows flip open for ventilation.

In short, the Pinto Wagon gives you the kind of convenience and usefulness you'd expect from any Ford Wagon. Only it gives it to you in a basic little Pinto size.

When you get back to basics, you get back to Ford.

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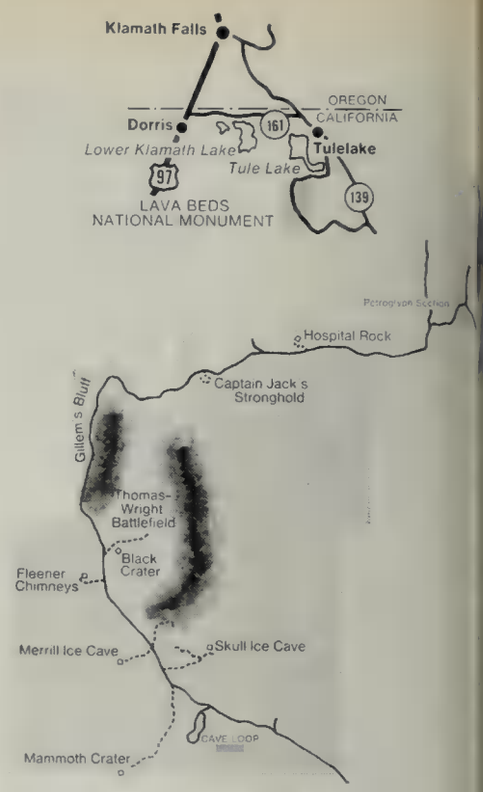

Monument *is just inside California border, south of Klamath Falls. Shaded areas show lava flows; major features are close to main road*

of the battlefields will begin at 10 A.M. at Hospital Rock, just inside the monument's north entrance.

The lava beds are east of U.S. Highway 97, just south of the Oregon border. The roads into and through the monument are flat and straight—fine for bikes and campers—and you can see waterfowl close up along Lower Klamath and Tule lakes, both of which are national wildlife refuges. Drive slowly to avoid animals and birds on the road. There's no food or gas available at the monument; you can find both in nearby Tulelake.

The principal battlefield is Captain Jack's Stronghold, a labyrinth of interconnecting trenches, caves, and parapets where the small band of Modocs held off a large U.S. Army force before fleeing south to defeat.

The largest concentration of caverns is along Cave Loop Road near the monument's headquarters, where you can borrow lanterns to light your way; bring a flashlight, too. The deep caves are ancient lava tubes, formed when molten lava flowed out from under cooling lava exposed to the air. Some have permanent ice flows in their lower reaches. If you walk to Black Crater—just off the main road—you can hear the hollow sound of much smaller tubes underfoot.

If you park off the road and search with binoculars, you may see some California bighorn sheep in a large enclosure along Gillem's Bluff.

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GLENN CHRISTIANSE

African elephants—*all females—take a walk after they're released in morning. Moat separates their enclosure from park's open space*

Africa comes to San Diego

Innovative new zoo puts animals in acres of open country. You watch from a monorail

The new San Diego Wild Animal Park is an innovation in American public zoos. It's vast, only partly developed, the first zoo to give its breeding herd animals so much roaming room so much like home.

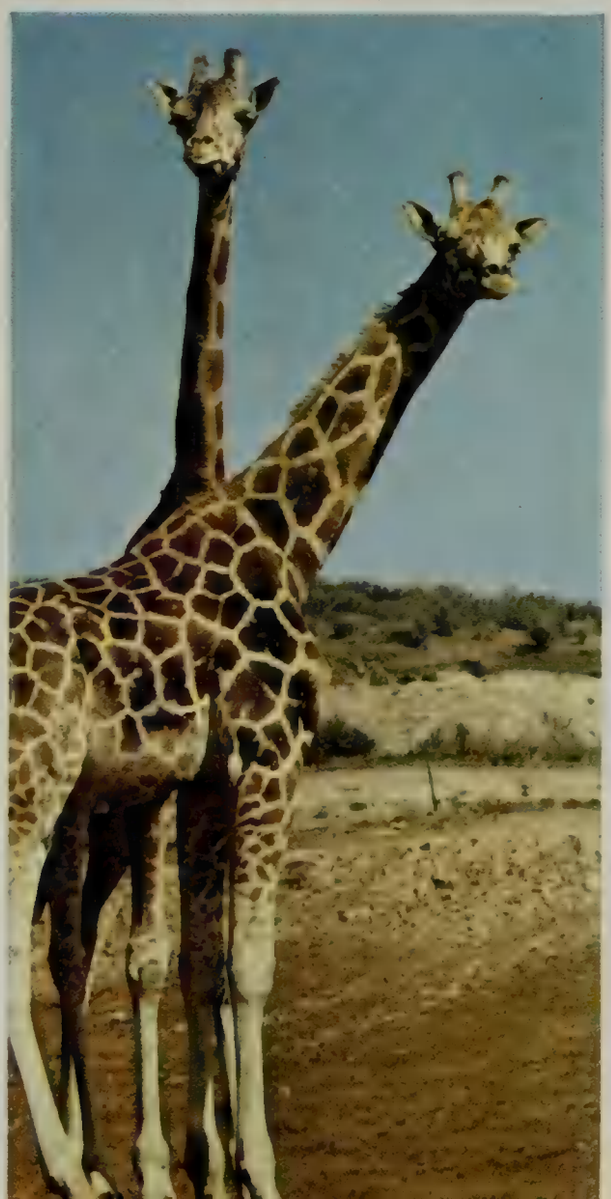
In chaparral terrain evocative of the dry upland plains of Africa, some 1,000 animals—many of them rare and endangered species—live on 500 of the park's total of 1,800 acres. This compares with 5,500 animals in the parent San Diego Zoo's 100 acres. Here they have room to run, to stake o territory, to be free of constraints that would keep many them from reproducing under usual zoo conditions. The pa already has reported such notable births as southern Ca hartebeest and slender-horned gazelle.

You watch mostly at a distance that doesn't interrupt t animals' lives—and farther away than our telephoto le pictures suggest. A monorail train takes visitors through t

Delicate *slender-horned gazelle stands only 2 feet tall at shoulder. It is one of rare and endangered species reproducing in park*

Ungainly *white-bearded gnus, most numerous of the African antelopes, group near waterhole*

Curious *Uganda giraffes peer with dignity at visitors. World's tallest animal, these are fed from baskets on high poles in absence of trees to nibble*



Grevy's zebra. *Each big ear swing in half circle separately. Stripes are like fingerprints; each animal has unique pattern*

Northern *white rhino is nearly extinct. Park has four*

Binoculars help on the monorail ride. You'll see animals close up at Nairobi Village

The view *from monorail that circles animal enclosures. Animals may be near or far or camouflaged*

Round thatch *roofs shad terrace tables of Mombas Cooker, one of two eating plac*

Monorail *station: open air cars are spacious and quiet. Best view is from the right-hand side*

park on a 5-mile drive that lasts a little less than an hou Bring binoculars or rent a set for $1 (deposit is $15 or you driver's license). The animals are most active and mo visible in late afternoon and early morning—when the sun mer sun is mildest and the crowd thinnest.

Nairobi Village, the center of action just inside the pa entry, presents animals in more close-up settings. You wa through a giant free-flight, free-form aviary. You will al see babies in the animal nursery, lemurs on an island ar flamingos in a lagoon, a baby rhino, green iguanas, lowla gorillas, less exotic animals in a kraal (corral) for petting.

The village adds two ingredients not often found in zoo architectural distinction and showmanship.

The buildings and enclosures combine Africa's non-rectili ear forms with Western materials and uses. You have lun under a thatch umbrella. Sapling poles form shade shelte and animal stockades. Shingles sheathe roofs in the exot shape of the rondavel (a thatched mud hut), and rough pol re-create the framework of the Congo fisherman's platforms.

Shows from time to time enliven the scene. On a variab schedule you may witness the elephant bath and see perforr ances by elephants, big cats, and gorillas.

The new park was meant for conservation, to preserve ra

ily bath, *an entertainment for baby elephant Carol and for visitors, takes place in a pool in Nairobi Village*

d endangered species. It already faces some conservation lemmas.

; a result of efforts to protect small animals from coyotes y fencing) and golden eagles (by feeding them) the ground uirrel population—which coyotes and eagles used to con- ol—has exploded. And though they are fed, resident ani- als have grazed and browsed the landscape bare in places. ieir numbers exceed the recuperative capacity of grass d chaparral, so measures to protect against heavy rain and ndstorm will be needed, and are being planned.

ie park opens every day at 9 A.M. You may enter until P.M. on weekends, until 5 on weekdays. The park closes 7:30 on weekends, at 6 on weekdays.

dmission is $1.25 for everyone 16 years or older (free der 16). The train ride costs $1.50 for adults, $1 for ages to 16, 50 cents for ages 2 to 11.

ie park is next to San Pasqual Valley, 30 miles north of n Diego but in the city limits. To get there, coming from e north on Interstate Highway 5, turn east onto State 78 at eanside. From the north on U.S. 395, turn east onto State at Escondido. Park entrance is about 8 miles from Escon- do. From the south, take Via Rancho Parkway exit from S. 395 east onto San Pasqual Road, then follow signs. □

Beyond pelican *enclosure you can climb to second story of replica of a Congo fishing village, perched over a waterfall*

GLENN CHRISTIANSEN

Quick-change garden deck

It works particularly well for small areas

Like a stage set, the patio arrangement you see on this month's cover can be completely changed in a matter of minutes. You can add more deck, extend the bench or remove it, change the number and position of all the plants.

It's a quick-change outdoor living area because everything is built on a modular system of wooden boxes that's almost as easy to rearrange as a set of building blocks. You walk on some modules, hollow side down; turn others over, hollow side up, and plant in them; add higher modules for larger plants, stools, tables, and plant stands. It's a system you could make for a small patio or deck area off any room of the house. And if you move, just pack up the modules and set them up again in your new garden.

The modules shown here are 16-inch squares, because we had on hand a supply of 1 by 4's that were a full 4 inches wide. But the finished 1 by 4 stock usually sold will be only 3½ inches wide, so four of these boards will give you 14-inch squares. It doesn't matter what size module you use as long as you make all units the same. Use redwood, cedar, or any of the available pressure-treated woods.

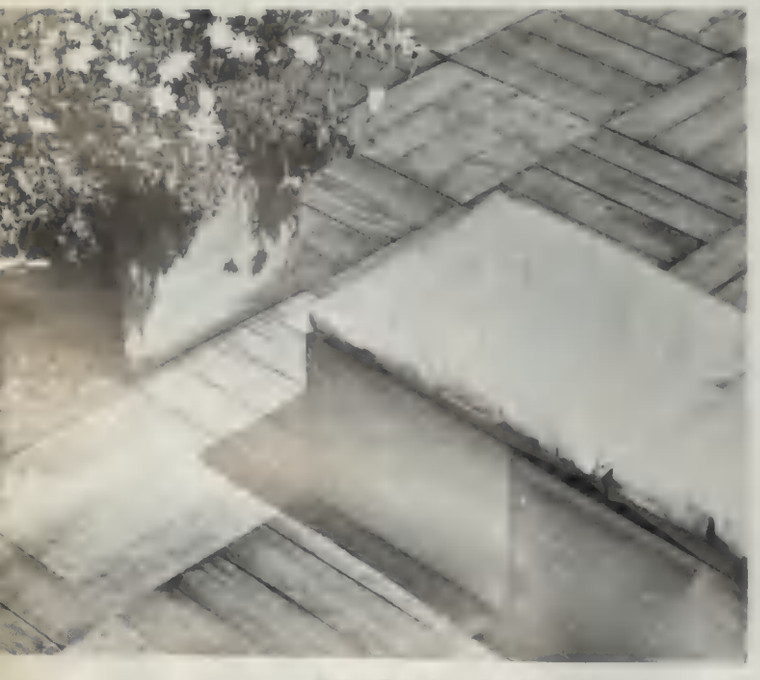
Modules can be set on sand, on level tamped earth, or directly on an existing paved area. It's a good idea to use a wood preservative on modules that will be in contact with the ground (not required for pressure-treated wood). New wood may stain paving, so if you set modules over existing paving you intend to uncover later, put down plastic sheeting first. If modules swell and you can't lift one out for rearranging, pry it up with a screwdriver. Once the first mo ule is out, the rest are easy to move.

This decking system, devised by design Bill Wood Sanders, landscape archite Roy Rydell, and *Sunset's* outdoor livir department, is on display at *Sunset's* ga dens in Menlo Park, California.

Pull up *a couple of seat height modules, add another for a table, then slide in a few full of annuals or ground covers*

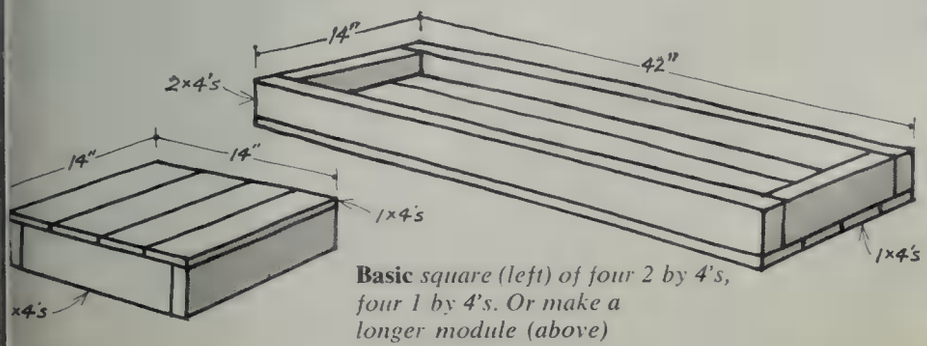
Stack some *modules as plant stands. Create any grouping that suits you or the occasion*

GLENN CHRISTIANS



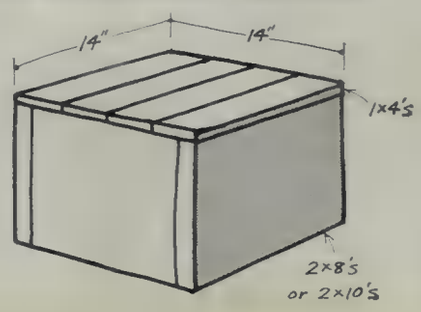
For a bench, *stack 11-inch-high modules together and cover with bright cushions*

Time for a change. *Some decking comes out, replaced by planted modules set flush with the decking—like garden beds*



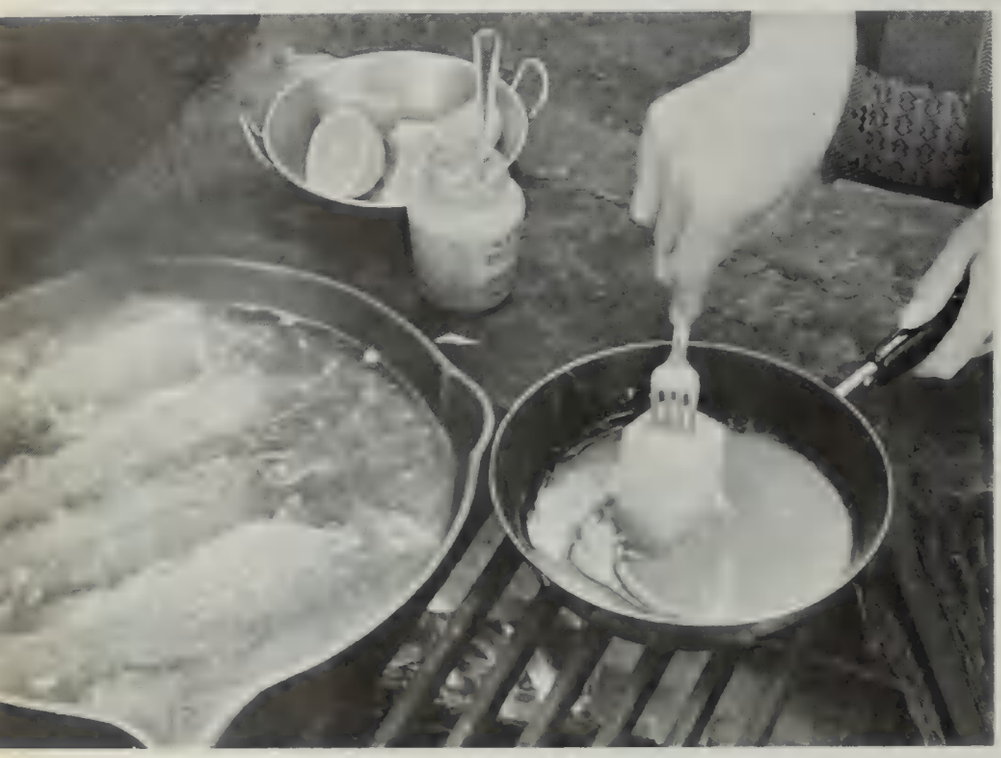
Basic *square (left) of four 2 by 4's, four 1 by 4's. Or make a longer module (above)*

This size *is good for shrubs, trees or (with bottom up) seats, tables*



Ingenuity in camp . . . surprises pu

DARROW M. WATT



Fresh trout *being poached at left will be served with genuine Hollandaise sauce, stirred with a fork over the fire. Meal is as easy to make as usual camper's fare*

It's a sound basic idea to keep meals in camp simple so they'll be easy on the cook. But there's nothing wrong with using a little ingenuity and dropping a few surprises into the menu. After all, cooking and eating around the fire are important parts of the camping adventure. So we propose a few departures from typical camp fare designed to make mealtimes more fun.

Locally available delicacies like fresh fish or fresh-picked wild berries will always help to enliven meals. Menus planned to allow everyone to participate in the cooking add to the fun.

If you bring along fishing gear or your route takes you by a fishing boat dock, chances are you can expect fresh fish. Then all you need to whip up a great sauce for it are a cube of firm butter, a fresh lemon, and a couple eggs.

Cooking fish in simmering liquid is simpler than frying it; the method suits small fish like trout, fish fillets or steaks, and shellfish like scallops or shrimp.

Campfire Poached Fish. Fill a large frying pan at least 1½ inches deep with water, broth, dry white wine, or a combination. Add 2 teaspoons mixed pickling spice, or sprigs of mint if available. A cut onion, carrot, or celery stalk are other possible seasonings. Add salt and pepper to taste. Slip cleaned and scaled fish into liquid and simmer gently, uncovered, until fish flakes when poked with a fork. Drain and serve.

Frying Pan Hollandaise. Melt in a small frying pan over a low fire 1 tablespoon butter cut from a ¼-pound cube; remove from heat. Separate 2 eggs (save or discard whites) and stir yolks and 1 teaspoon Dijon-style mustard smoothly into butter. On the prongs of a fork, spear remaining 7 tablespoons firm but ter and replace pan over low fire. Vig orously stir butter as it slowly melts blending throughout egg mixture unt sauce thickens slightly. Remove pa from heat; stir in about 1 tablespoo lemon juice. Makes about 1 cup.

To make fresh berry jam in camp, you need sugar and lemons; a stick of cinna mon is a flavorful option. Our recip suits any tart berry such as wild black berries, raspberries, huckleberries, straw berries, or blueberries; or purchase fres tart berries locally. You can spread th jam on reflector oven biscuits, grille toast, or use it to top pancakes.

Trail Jam. In a pan combine 1 cup ta berries, ⅔ cup sugar, 1 tablespoo lemon juice, and 1 whole cinnamon stic (optional). Over a brisk fire boil frui stirring until it reaches desired thick ness. Serve warm or cooled. Make about 1¼ cups.

The cheese fondue tradition well sui the communal spirit of the campfir and the fire is an ideal way to me cheese. You can make a classic fondu or even simpler, just melt cheese in pan to scoop up with chips for appetizer or serve as raclette.

Cheese Fondue Supper. Any recipe fo cheese fondue you've used successfull at home can be made in camp; or use cheese fondue mix. Serve with cubes o bread to swirl in the cheese, or make th meal heartier by dipping cooked shrim or steak cubes in the fondue.

Fondue Appetizers. Choose any chees that melts well: jack, Cheddar, or Swis pasteurized process cheese or chees spreads will also do. Make a ½-incl thick layer of cheese in a shallow pa put it over low heat to melt slowly. I you wish, sprinkle a little seasoning lik chopped green chiles or taco sauce o the cheese. Then scoop up melted chees with tortilla chips or corn chips.

Camper's Raclette. Arrange layer of for tina, jack, Samsoe, or Swiss cheese in shallow pan (as for appetizer above) an push close to the fire. Spoon cheese as

ıto camp menus

Wild berry *jam for hot biscuits; boil it while biscuits bake in a reflector oven*

elts onto hot boiled potatoes, or sau-
ges. Serve with pickles and onions.

ıany families have already discovered
e fun of assembling their own tacos or
stadas in camp. For a change, try our
edouin-style meal. You brown lamb or
ef stew meat with onion, then turn it
to a pilaf with wheat or rice. At the
me time heat a big can of broth; use
to moisten the pilaf and sip as soup.

veryone constructs his own hand-held
eal inside a warm flour tortilla (heated
foil) or a half round of Arab pocket
ead, adding crisp vegetables such as
ttuce or green pepper strips, tomato
ces, and yogurt. Flavor the sipping
broth with fresh lemon.

Pilaf with Meat, Bedouin-style. On the back of the grill, heat a large opened can (46 oz.) chicken broth. In a Dutch oven, brown completely about 3 pounds lamb or beef stew (cut in ½-inch cubes) in about 3 tablespoons salad oil. Add 1 big onion (chopped) and 2 cloves garlic (minced or mashed) and cook until limp. Stir in 2 cups of the broth, ¼ teaspoon ground allspice, a whole cinnamon stick, and 2 tablespoons lemon juice; cover and simmer until tender, about 20 to 30 minutes. Add 1 cup quick-cooking cracked wheat (bulgur) or rice; cover and simmer until tender, adding more broth if needed. Makes 6 to 8 servings. □

GLENN CHRISTIANSEN

Fondue-style *appetizer. It's merely a matter of melting cheese in pan; this is jack flavored with canned chiles, scooped up on a corn chip*

laf and meat *on a flour tortilla are main ingredients of this overflowing Arab-style sandwich, ideal for camping*

NORMAN A. PLATE

Slightly disheveled *dog sits in his own raft while his mistress basks in sun*

Tube *from big truck is good two-man raft. Paddles are used mainly for maneuvering, but they also work well in water fights*

Luxurious raft *is made of three tubes lashed to bamboo pole triangle. Rafters sit on beach chairs with umbrellas clipped on*

The humble inner tube makes a grand raft

A lazy river and sunny August weather can bring out a little bit of Huck Finn in almost everyone. A sudden urge to kick off your shoes and go rafting down a quiet stretch of water is easy to satisfy. All you need for a family float trip are a few inner tubes and a picnic lunch.

You can't improve on the humble inner tube for fun and versatility. Tubes can be tied together to make larger rafts (which become more unwieldy as size increases); they can even be rigged to hold small dogs. Small children can be kept in tow with a 10-foot line from their "satellite" tube to the "mother ship," which could be a larger tube or inflatable raft. Tire dealers often sell used inner tubes for less than $1; larger truck tubes cost more.

Simple lunches with sandwiches, apples, pears, and precut wedges of cheese are ideal for floating picnics. Seal perishables in watertight plastic bags, then seal everything in a large, heavy plastic bag. Place this bag, along with canned beverages, in a heavy cloth sack that can be tied to your raft and partially submerged to keep your picnic fresh. The large plastic bag acts as a receptacle for cans—and especially their pull-top rings—as well as other refuse.

Prudence and the law call for everyone

Plywood *tied to six tubes makes a simple platform raft; you push it with a sturdy bamboo pole*

wear life jackets while on the water. ıoever is first down the river should tch and listen for rapids, snags, or ıer obstructions in the course ahead. nnis shoes are handy for walking on :ky portages, and a wide-brimmed hat d shirt will protect you from sunburn.

u probably know at least one good ting river. Large rivers in relatively country generally have long, quiet etches. (The trip pictured here took ce on the American River near Sacnento.) Mountain streams may offer orter stretches.

you venture farther afield, good ırces of information on rafting in ny areas are local chapters of the rra Club (ask for the River Touring :tion). Sporting goods or boating res that rent inflatable rafts, canoes, kayaks often know about nearby ters. Local recreation departments y also have recommendations.

neone in the party needs to know the ticular stretch of water well enough formulate a plan on where to start d end the trip and how to get the party :k to surface transportation.

safe place to carry *spare* car keys is your lifejacket. □

Old tubes *come in many sizes. Here are four, with typical prices. Shop for them at automobile wrecking yards or tire dealers. Before buying, inflate tube slightly to check patches and valve cores for leaks*

DARROW M. WVI

Proud artists *display the drawings that served as patterns for the whimsical stitchery on their dresse*

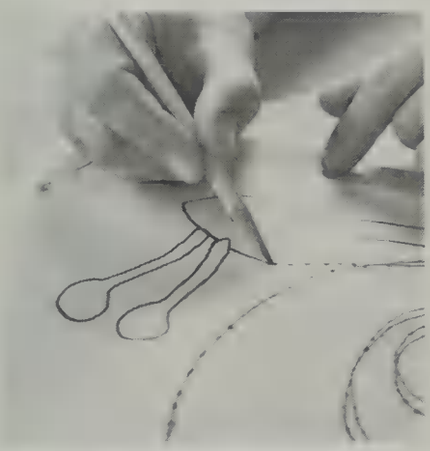
Snail, mouse, or two-gun hombre. Here are translations in stitchery

he charm and spontaneity of a child's drawing is often just o good to lose. You can give it permanence through stitch-y, but the warmest reward for your efforts may be the tist's button-popping pride when he sees you've honored s work.

o accomplish the transfer from drawing to fabric, artist Kay lexander of Palo Alto, California, traces the drawing, cuts it pieces of material to match sections of the tracing, then itches these pieces on wrinkle-resistant fabric.

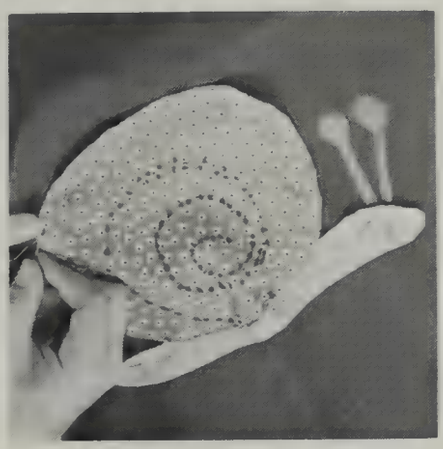
se about seven layers of paper towels under the cloth when ou pencil-poke the design through the tracing paper. (See hotographs 1, 2, and 3 below.) If the fabric is a dark color and the pencil marks don't show, rub chalk along the outline of the design on the back side of the tracing paper, then press along the outline on the front side with the wrong end of a ball point pen. Or use a dressmaker's tracing wheel and carbon paper.

Cut out all the pieces of the design allowing about ¼-inch extra fabric outside the dotted line for a hem. Turn under ¼ inch, baste, and press. Stitch the pieces on the background by hand with a simple running stitch. There's no need for fancy stitching although you might wish to do some. Use embroidery thread for details: stringy mustaches, spindly toes, saucer eyes, antennae. □

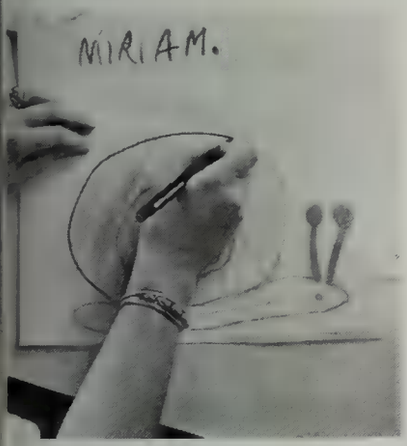


2. *Pin tracing paper to fabric. Convert design to fabric by poking holes in paper with pencil*

3. *After edge is turned under and basted, stitch pieces on background by hand*



1. *Use tracing paper to copy drawing; be faithful to child's artistry*



Drawing *of ornery cowboy is re-created by his mother on fabric to be framed and hung on wall. Original details are duplicated, even fringy chaps*

Through stitchery, *twelve children's drawings were translated into the squares of this quilt coverlet*

Dainty *homemade dessert cheese with fresh fruit and plain wafers makes a charming afternoon refreshment, or a light dinner finale*
GLENN CHRISTIANSEN

Fresh cheese your very own. It's elegant and it's easy

Cheese making is a snap these warm August days. All you need is milk or cream, buttermilk, a few seasonings, and a few minutes on a few days. The results compare remarkably in taste and texture with such elegant and delicate French cheeses as boursin or petit suisse.

You can make the cheese in three styles. The plain cheese goes equally well with a sprinkling of minced chives or seasoned pepper as an appetizer, or with toast and berry jam for breakfast. The sweetened dessert cheese is delightful with summer fruit. And the garlic-herb cheese makes a choice snack or companion to a green salad.

Spoon drained *milk-buttermilk curd into a cheesecloth-lined basket for molding*
DARROW M. WATT

Turn drained *cheese out of basket onto serving board and pull away cheesecloth*
NORMAN A. PLATE

You can start with skim or whole milk, or light or heavy cream, to make any of the three cheese styles. Skim milk makes a tart but surprisingly rich-tasting cheese; cream makes velvety, cool-tasting cheese; whole milk and light cream produce subtle variations within this range. Also the yield of cheese from cream is more than double that of milk.

Plain Fresh Summer Cheese

Start with 2 quarts skim or whole milk, with 1 quart half-and-half (light cream), or with 3 cups whipping cream. Heat until it is lukewarm (90° to 100°) and pour into a bowl. To the skim or whole milk stir in 4 tablespoons buttermilk, or stir into the half-and-half or cream only 2 tablespoons buttermilk. Let either milk or cream mixture stand at room temperature for 24 to 48 hours until a soft curd is formed (it should look like very soft yogurt, and doesn't flow like a liquid when the bowl is slightly tilted). The curd forms faster on hot days than on cool ones.

Line a colander with a muslin cloth and set the colander in the sink; pour the curd into the cloth and let drain for about 10 minutes. Then fold cloth over the top of the curd to cover it. Position a wire rack on a pan (of somewhat larger dimensions than the colander) so that there is at least 1 inch between rack and pan bottom. Set colander on rack and cover the whole unit with clear plastic film to make airtight. Place this package in the refrigerator and let the curd drain 12 to 18 hours.

Spoon the drained curd from the cloth into a clean bowl and stir in ¾ teaspoon salt; discard whey accumulated beneath colander.

For cheese molds use small natural-color baskets (not varnished, dyed, or painted) and rinse well with cool water, or use ceramic *coeur à la crème* molds. Molds of 1 cup or smaller capacity produce cheese of optimum firmness; if you use slightly larger molds, fill with no more than 1 cup curd. Line molds with 4 layers of well washed cheesecloth, letting cloth drape over sides of the mold.

Spoon the curd into molds, and loosely fold cloth ends over the top. Set molds on the rack-over-pan arrangement (washed) you used for draining the curd and tightly wrap clear plastic film over all. Return to the refrigerator and let drain overnight or for no longer than 48 hours.

To serve, pull cloth back from cheese and turn out onto a plate. Or you can wrap the unmolded cheese airtight and store in the refrigerator for as long as 5 days. Makes about 2 cups cheese.

Dessert Fresh Summer Cheese

Prepare the same as the plain fresh summer cheese, except use only ¼ teaspoon salt, and at the same time, add 2 tablespoons powdered sugar and 1 tablespoon orange-flavored liqueur.

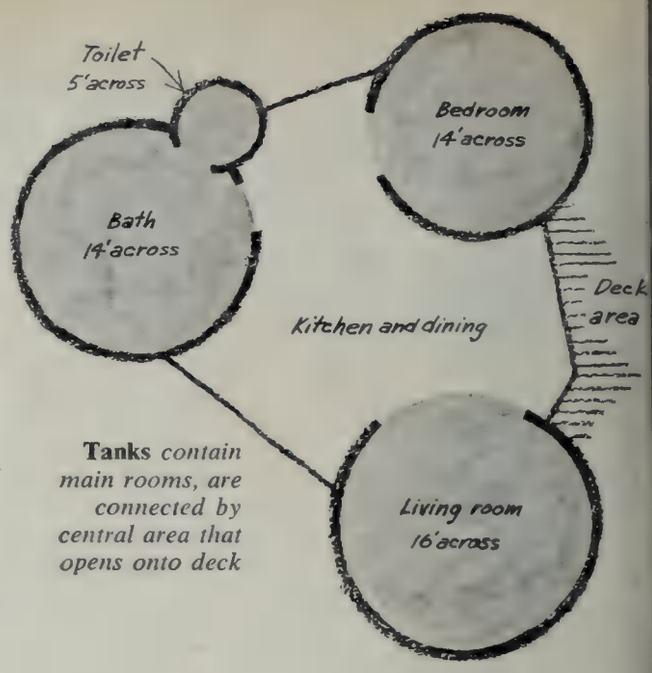
Garlic-Herb Fresh Summer Cheese

Peel 8 cloves garlic and tie them loosely in a well washed cheesecloth, then crush lightly with the back of a spoon. Heat milk or cream as directed for fresh summer cheese, adding the bag of garlic to the warm liquid along with the buttermilk; let curd form as directed.

When you pour the curd into the colander for draining, lift out the garlic bag and squeeze it with your hand to force as much of the juice as possible into the curd. After the curd has drained, thoroughly blend in ¾ teaspoon salt, ½ teaspoon basil leaves, and ¼ teaspoon *each* tarragon leaves, thyme leaves, rosemary leaves, and rubbed sage. Then mold and drain as directed. □

"There once was an island called Faraway"

A vacation hideaway built of three water tanks



Tanks *contain main rooms, are connected by central area that opens onto deck*

Tucked in among trees overlooking a small river in northern California's Humboldt County, this remote vacation house had an unusual genesis: Its three principal rooms are spacious redwood water storage tanks, set on different levels to follow the terrain, and opening into a common core area.

The tanks are made commercially from 2-inch-thick staves and were easily assembled on the site. (They can be made in almost any reasonable width and height; to find a local manufacturer, look under "Tanks" in the yellow pages of your telephone book. Check with your local building inspector about this form of single-wall construction.) The floor of each tank is notched into the staves and supported by joists atop a circular foundation of concrete blocks. Each has a cone-shaped, shingled roof with rafters radiating from a central king post and resting on the staves.

The roughly triangular kitchen-dining area is more complex, with a multiterraced floor to join the different levels of the tank rooms. To ease the transition from the core area to the tanks, the opening to the living room is cut wide, without doors, and the doors to the bedroom and bath are set into wide alcoves built into the tanks.

Details add life to the smooth redwood finish. The rafters are allowed to show, and the bedroom has a window seat added on, framed by leaded glass windows. Evening light comes through a series of vertical living room windows above an ample couch, which is built over storage space and faces a curved stone fireplace.

As final touches of whimsy, an attractively tarnished old Italian colander is used to screen the kitchen exhaust, and the toilet sits elegantly apart in its own tiny tank, behind a curving door held by thick strap hinges.

The exterior is finished with batts of insulation and 3-foot-long barn shakes nailed to double 1 by 1-inch strips that ring the tanks at 16-inch intervals.

The house was designed by Robert McKee of Whitethorn, California.

"There once was an island called Faraway," a quotation from J. B. Priestley, is inscribed in the fireplace mantel. It expresses the feeling of the place. □

Circular *rooms nestle among trees (left), rise with gentle slope of hillside. Tanks are covered with long barn shakes, topped with conical roofs. Small toilet compartment is attached to rear; carved door (below) opens it to bath*

NORMAN A. PLATT

Kitchen, dining *area between tanks is divided by island. Floor, exposed-rafter ceiling are built on different levels to join tanks. Steps at rear lead to entry alcove in bath tank*

Raised wood walkway *with hand-cut rails curves along living room tank (left) to cantilevered deck, where family gathers for lunch. Steps in right foreground lead down sharp drop to river*

Foam-padded *window seat, stone fireplace project into round, spacious living room. Narrow, vertical windows are separated by single tank staves, giving panoramic effect*

Pool from a package, *half below ground on hillside lot, measures 24 by 12 feet. Owners: the Wallace E. Voeks of Pearl City, Oahu. Deck design: Jordon Pecile. Total cost about $3000 in 1970*

A. SALBOSA

Pool *with diameter o*
was set up on for
run by owner, Glen
Walnut Creek, Ca
Decking (2 by 4's and
built around third
Total cost in 196

The above-ground pool

You can assemble one yourself over a weekend. Decking, landscaping then can do wonders

Owner *bought used, 24-foot pool and filter through newspaper. It is half below ground. Decking designed by Larry Booth. Owners: the Richard B. Osgoods, Los Altos, California. Total cost about $2,800*

GLENN CHRISTIANSEN

Standard *pool coping (removable) edges this 21-foot-diameter pool. Total cost $2,300 versus estimated $10,000 for conventional pool. Owners: the Karl M. Bauschs, Burlingame, California*

ELLS MARUGG

Today you can buy a swimming pool through a catalog, off the shelf like a giant can of peas, or from a display lot where you choose your model like an automobile. It's not unusual to carry a pool package home or have it delivered on a Friday and be swimming before the weekend is out.

If you assemble a pool package yourself, you might keep the cost under $300. It would include a round, 18-foot-diameter pool with liner, filter, vacuum system, ladder, and water conditioning test kit.

Called above-ground pools to distinguish them from the permanent in-ground variety, these packaged pools have specially designed metal frames that support a vinyl liner. Devised originally as a simple, portable wading and splashing

1· *If site isn't level, work up soil with rotary tiller to make leveling easier. Remove rocks, debris. Moist soil breaks up easier; let it dry before installing*

2· *Mark off outline for pool's bottomrail, using a cord as a radius tied to stake in center. Find lowest spot and level entire area to it. Level being used is plastic hose, coffee can of water*

3· *Make inside area sam level as bottomrail. The add 2 inches fine sand or sifted loam; hav enough for 8-inch cove against sidewall Recheck area's level and rail's roundnes*

MICHAEL TILDEN

4· *With helper, uncoil pool's sidewall full length, join ends. Set sidewall into bottomrail. Attach uprights, toprails. Remeasure for roundness*

5· *Center liner, clamp it to toprails so it barely touches cushion. (First, be sure base is smooth and cove loam or sand.) Slowly fill with water and release liner as water spreads. Wrinkles will vanish*

6· *Remove toprails three at time. Allow 1½ inches liner to overlap sidewall; fold exces under itself. Replace toprails, fi with water. Install filter, add chemica*

Installing your own pool isn't difficult if the site is reasonably level and stable, and you don't plan to sink the pool in the ground. A method used by one installer is shown above. Detailed instructions come with each pool package.

The most important requirement is a level, soft, and smooth base so that sides are level and the liner properly cushioned. (See page 152 for a handy leveling device suitable for this type of installation.) Use fine sand or sifted loam for the cushion. If sand abrades the liner, you can buy a ground pad to put between liner and sand.

Don't install a pool on fill. Make sure ground is firm. You can secure the pool's frame with concrete footing or blocks.

If you don't want to assemble the pool yourself, you can have it done. Dealers usually know installers in the area. □

Step by step, a pool goes in place. Job took 2 days. Total cost under $1,000

pool for children, the above-ground type evolved into larger and larger pools. You now have the choice of round pools from 10 to 28 feet in diameter, and oval pools from 15 by 10 up to 40 by 16 feet.

Pool depth is usually 4 feet with an extra foot of depth in the center. Some models have a liner that can be expanded to a graduated depth up to 7 feet.

Prices for the pool itself range from about $100 to around $800. Accessories—filter, heater, ladder, skimmer, pool cover—cost extra.

For about $1,300 you can have a completely equipped 20,000-gallon above-ground pool installed on a level piece of ground. An in-ground pool of about the same capacity would cost over $5,000.

It's wise to shop around to see which type of pool—in-ground or above—and which model suits your needs and taste before you buy. Perhaps you won't like the idea of swimming in anything other than a conventional in-ground pool. You may also not want a metal-walled, above-ground water tank sitting out in your garden.

If your objections are limited to appearance, you'll find in this article a half dozen different ways to make packaged pools more compatible with their garden surroundings. Of course, the more you try to camouflage the pool or make it look like a conventional pool, the higher your total cost. But you're generally still ahead of the cost of an in-ground pool that has to be landscaped and provided with wood or other paving for edging and for sitting and entertaining areas.

Some of the obvious advantages of in-ground pools to keep in mind are greater permanence, flexibility of size and design, and the ease of fitting them to a landscape scheme. And if you like to dive, better settle on an in-ground pool.

Lower tax bite

Besides reasonable initial cost, you also get a tax break on above-ground pools. After checking with tax assessors in most major suburban counties in the West, we found that most do not consider an above-ground pool a permanent installation, so they do not tax the pool itself.

Some assessors tax if the pool is set into the ground either partly or completely. Others tax a pool set into the ground, but do not use the same formula they use for a concrete pool.

Decking built around the pool and other partial or complete enclosures may or may not be taxed depending on the particular tax office and how permanent they feel the surrounding structure is.

Because tax policies vary so much from county to county, it's difficult to say how much of a tax break you would actually get.

Pool cover *fits snugly over rim after ladder is removed. Keeps water cleaner and also makes the pool more childproof*

GLENN CHRISTIANSEN

7. *Pool is up, filled, filtered, and ready for swimming. Cost including installation four years ago was $750. Annual upkeep is under $100*

But if you had a $5,000 in-ground pool assessed at 25% of the cost on a base of $11 per $100 of assessed value, you'd pay $137.50 a year just for the pool.

Other advantages of packaged pools

A packaged, above-ground pool can be installed on both level and hillside sites where it's difficult or impossible to bring in equipment to excavate and build in-ground pools. So above-ground pools can be installed that disturb the natural site and vegetation very little.

You can erect an above-ground pool next to a summer cabin for the season, then dismantle and store it for the winter. Collapsibility is also an advantage in areas where winter swimming is out of the question even with a heater, but dismantling isn't necessary since the pools can be winterized. Ease of dismantling depends on the surrounding structures.

In areas where the hazard of fire is great, a round, 15-foot-diameter pool around 4-feet-deep will provide you with 5,300 gallons of immediately available water for fire control if you also have a suitable and dependable pump.

The virtues of being shallow

The over-all, 4-foot depth of an above-ground pool is adequate for swimming (not diving) and allows you to stand at either end of the pool to play ball (unless you have an expandable liner, which gives you a deep end).

Most children of swimming age can stand with their chins above water level—an obvious safety factor. Some adults feel safer swimming alone in an above-ground pool. The water is never over your head, and also the soft vinyl lined sides reduce the chance of a hard knock on the head.

Other depth advantages are you don't have the volume of water to heat of deep-ended in-ground pools. And should a puncture occur in the liner you can patch it wet so you don't have to drain out all the water.

Check local building ordinances

Communities vary on what they require or don't require for a pool that's not of the conventional in-ground sort. Out of consideration for neighbors and for your own safety, check with your local building office. Proper fencing is not only required in many areas but is just plain good sense. There may be restrictions on where you can place the pool. And a building permit may be required for surrounding structures, an electrical permit for hooking up filter and heater, and possibly an excavation permit.

Tips from pool owners

Buy the best equipment. One complaint is that equipment is not serviced on the site, and broken machinery and parts must be brought to the dealer for repair or replacement.

Be sure you understand how and where to install equipment and how to operate it. Read instructions at the sales office and then check with someone knowledgeable if you still have questions or require modifications to fit your particular situation. If practical, bolt rather than nail decking together that you install next to the pool in case you have to remove it to replace the liner or frame. □

NORMAN A. PLATE

It looks *like in-ground pool (above) from house. But actually it was assembled between garden levels. At right you see how sheets in terraced [illegible] hide [illegible] (20 by 31 feet, 4 to 7 feet deep) was installed by owners, Dr. and Mrs. Carroll Gregory, San Mateo, California, who also built decking. Total cost in 1970 was $1,450. Estimate for concrete pool was $11,000*

Swimming *is all year, day or night in the enclosed pool shown on this page. Above-ground pool is 32 by 16 feet, was professionally installed on concrete footing. Decking, enclosure built by owner George Pfeiffer, III, Los Altos Hills, California, with helper. Total cost in 1970: $7,000*

Swimming year around: Above-ground pool, deck, shelter came to $7,000

Sliding doors *and windows with screens form walls of enclosure. They help control climate inside and provide security because doors, screens lock*

Roof *is covered with ribbed, white translucent plastic panels, removable to help vent heat. Temperature inside seldom drops below 70°. Heater keeps pool at about 86°*

Summer carnival . . . by children, for children

Admissions can be free or cost pennies. Ideas also work for birthday parties

Water-filled *balloons pop, splash, win prize if they hit nails on target board*

At tattoo concession, *young children use small brushes, colored make-up. At necklace booth, right, macaroni dyed with food coloring is strung on dental floss with tapestry needle*

Penny carnival *takes over driveway for the day. Vehicles park in front*

A neighborhood carnival can be the high point of summer for the children who attend it—and the children who put it on. Shown here are some simple ideas that call for materials usually found around the house. Most of the activities would also go over well at a birthday party.

With just a little adult supervision, youngsters can do almost all the planning and work. They can conduct an advertising campaign, build booths, operate concessions, and sell refreshments. There are a few things to keep in mind:

Advertising. Use felt pens to handprint

DARROW M. WATT

winner! *Paper plane sails through plastic oop hanging from tree limb. Children old planes to suit themselves, then test their aim*

Cooky decorating. *Squeeze ready-to-spread frosting through force bag using variety of decorative tips. Packaged cookies make it easy*

Shaving *a balloon takes a steady hand—you win if it doesn't pop. Draw on faces with felt pen before inflating*

aper fliers and post them around the eighborhood. Include date, time, ad-ission price (if any), and the lure of rizes. Telephone friends farther away.

ooths. Use cardboard boxes. If a level rface is needed for a concession like ooky decorating, lay a piece of ply-ood across two boxes. Card tables and ildren's play tables will also do.

dmission and concession fees. Admis-on to this carnival was free. Taking ances at booths cost a penny to several ennies—let children decide.

oncessions. A few ideas not shown: or a Fish Pond, find the biggest box ou can or pile two large open boxes on top of each other. Make a fish pole, line, and "hook" from a stick, string, and clothespin. A concessionaire crouches inside the box and attaches a prize to the clothespin each time the pole passes over. Everybody wins.

A Peanut Pitch is always a challenge. The contestant stands behind a line pitching peanuts at a bucket or bowls. You win if the peanut lands inside.

The Flaming Candle concession tests marksmanship. You blast away at a lighted wick with a water pistol, win a prize if flame goes out.

Prizes. We like the suggestion of Mrs. Valerie Sloane of Fullerton, California: Children collect toys they've outgrown and give them a second life with a younger child. Or they can make prizes. Make prize tickets of construction paper. A winner takes his ticket to the prize table and takes his pick.

Refreshments. Snow cones are popular: Fill paper cups with crushed ice, then add fruit punch concentrate. And, of course, popcorn and chilled fruit drinks go fast.

Profits. Handling money can be a useful lesson from a penny carnival. If children record expenses as they price activities, they should make a small profit. Divvy it up among the working committee. □

The Changing Western Home

GLENN CHRISTIANSEN

Scrap wall

Redwood scraps from a lumber yard provided the dining room wall paneling shown in the photograph at left. Jerry Keithley of Menlo Park collected scraps over a period of several months, planed them to reveal grain, glued them to the existing wall, and finished them with oil. The redwood ceiling is made of 6-inch fencing boards nailed to ceiling joists.

Surface for wooden decks

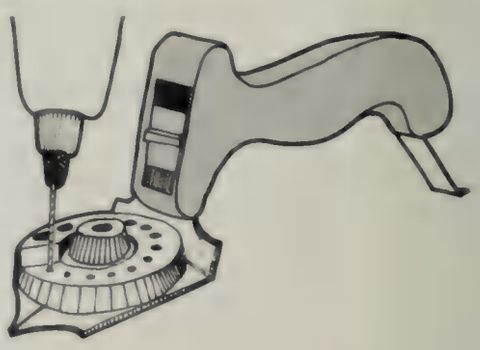
For a hard weatherproof surface on wooden decks, a new concrete and emulsified epoxy resin mixture has recently been introduced for home owners and contractors.

You need masonry tools and a fair amount of skill to trowel on the recommended ¼-inch thickness within the 30 minutes allowed to finish the job after preparing the mixture.

Kits covering from 16 to 210 square feet (average cost is about 65 cents a square foot) are available at building supply outlets and by order from Epoxon Products Inc., 1004 Center St., San Carlos, Calif. 94070.

Drilling straight

A drill guide now available in hardware stores helps you drill at right angles. It can be set to handle any of the 13 standard bit sizes for a ¼-inch drill. A nonslip base plate holds the bit in the proper position, eliminating center punching. A hollow handle holds extra bits. The drill guide costs about $3. □



The beauty of 18th-century styles that adds so much to English homes, can now do the same for yours.

The people of England have always loved and cherished their homes. From generation to generation, they have passed on carefully accumulated and cared for furniture and decorative objects. And the period most cherished is the romantic late 18th and early 19th centuries.

Windsor Park, the newest coordinate from Cannon Royal Family International Fashions, is an adaptation of the lovely fabric of this period. Still used in England today.

Now you can enjoy it in thick towels, no-iron cotton and polyester percale sheets, and bedspreads.

Windsor Park. Inspired by the people who coined the phrase "a man's home is his castle."

International Fashions

Cannon Royal Family

Windsor Park in: Gold/Green/Lavender. Also in other colors.
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The Kahala Hilton. Where you'll find the romance of the outer islands plus the excitement of Honolulu, because you're only 15 minutes from Waikiki.

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Sample the cuisine that won our Maile Restaurant the coveted Holiday Magazine Award. Sip a cocktail, see a show and go dancing on the surfside Hala Terrace. Join an authentic Polynesian *hukilau*.

Your spacious room is luxurious with "his" and "her" baths. Fresh orchids on your pillow every night. A chilled pineapple in your room's own refrigerator upon your arrival.

The Kahala Hilton—the Hawaii you dreamed of.

For reservations call your travel agent or Hilton Reservation Service.

Kahala Hilton

Honolulu

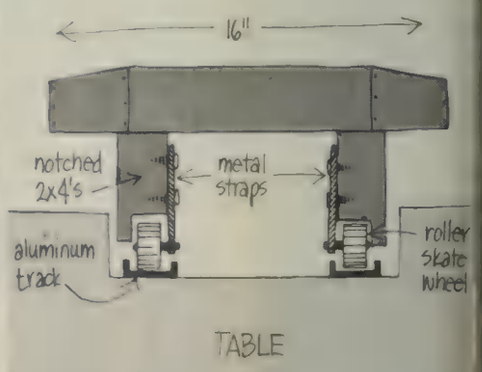
NORMAN A. PLA

Food cart *rolls along table, on roller skate wheels hidden by mock wood wheels*

Please pass the trolley cart

An extra long patio table is a mealtim logistical problem. If you sit near th middle, you're constantly passing dishe if you sit near one end, you risk develo ing an atrocious boarding-house reach.

When George L. Perry of Castro Valle California, built his 16-foot-long re wood patio table, he solved the proble by also building a large food cart th moves up and down a recessed portio of the top on aluminum tracks. The car a generous 40 inches by 16 inches, rid on four roller-skate wheels bolted t metal strap legs. Small wooden wedg serve as brakes at each end of track.



"I don't want to play finders-keepers losers-weepers."

There's a federal law that just went into effect last year. If you should lose your Master Charge® card, this law protects you by limiting your liability for fraudulent use.

Here's how the law works: If you discover your Master Charge card is lost or stolen, notify your Master Charge bank. You can do this in person, over the telephone, or in writing. If you notify your bank before unauthorized use is made, you will not be liable for any charges. You may not be liable for any fraudulent charges even if you report the loss after charges are made on your card. In no case will you be liable for more than $50, no matter how many charges are run up on it.

"The law protects me? What law?"

In addition to this federal law, many states have enacted their own laws, which are frequently even more stringent. In such cases, the more stringent state law will apply.

Your Master Charge card really is a safe way to shop.

Better than that, Master Charge is convenient. You can use it for most of the things you'd normally pay cash for. Or write checks for. Or use different charge cards for. And if you need cash, you can get that, too, at any Master Charge bank. Each month you get one bill, with a record of all your purchases. You can pay for it all by writing one check. Or, you can extend your payments over a period of time. Your bank will tell you the charges for these features.

Next time you shop, take along your Master Charge card. It'll give you a nice, secure feeling.

Master Charge.
Accepted all over town
all over America.

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They're an attitude, a lifestyle.
And now your room can enjoy it too.
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If it's right for you, it's only right that your bedroom
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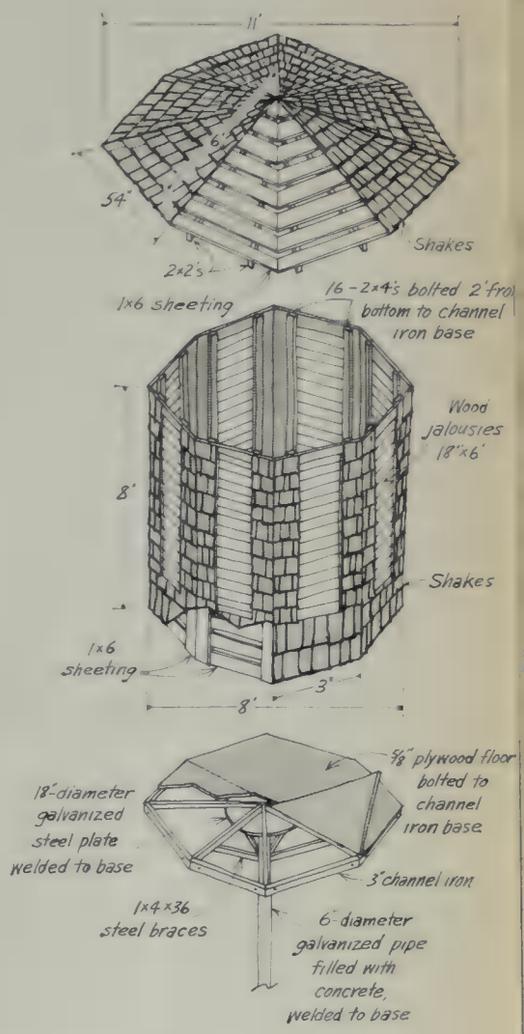
MORGAN JONES

A. SALBOSA



Playhouse *is supported by concrete-filled pipe securely encased in a 3-foot-diameter, 6½-foot-deep concrete collar. Wood jalousies that provide window openings are stock units*

Access *is by chain ladder through hinged trap door in plywood floor*

Sometimes their parents get to use it

This playhouse on a pole came about when 10-year-old Lars Lindquist built a simple wooden platform in a tree in his garden at Kailua, Oahu.

Then his father, Carl Lindquist, thought it might be even more fun to have a larger structure that would accommodate several children at a time and that would be sheltered enough for use in rainy weather.

It has proven to be a hit not only with all three Lindquist children and their friends, but also with their parents, who occasionally climb up to nap or read. □

6 glorified ground beef dishes

SPICY MEAT PIE

Creamy Best Foods replaces shortening to make pastry stir-together easy.

2 pounds ground beef
3/4 cup chopped onion
2 cloves garlic, minced
1 1/2 cups bouillon
1 teaspoon ground sage
1/2 teaspoon ground mace
1/2 teaspoon pepper
1/4 teaspoon ground cloves
3/4 cup chopped celery leaves
3 tablespoons Argo® corn starch
1/4 cup water
1 recipe Mayonnaise Pastry (below)

Saute meat, onion and garlic in large skill Stir in next 6 ingredients. Mix corn star and water; stir in gradually. Bring to boil; duce heat and simmer, covered, about minutes. Remove from heat. Prepare past

Mayonnaise Pastry

2 cups sifted flour
1 teaspoon salt
1/2 cup BEST FOODS Real Mayonnaise
3 tablespoons cold water

Mix flour and salt; blend in Real Mayonna with fork. Sprinkle on water; mix well. Pr firmly into ball. Divide almost in half. Flat larger portion; roll out on lightly floured s face into 12-inch square. Place in 8 x 8 x inch baking pan. Fill with meat mixture. F out remaining pastry. Place over meat m ture; seal edges. Cut slits. Brush with e yolk and water, if desired. Bake in 42 oven 30 minutes. Serves 6.

GROUND BEEF STROGANOFF

Best Foods won't separate even when heated in a recipe like this.

1 pound ground beef
1/2 cup chopped onion
1 (4-ounce) can sliced mushrooms, drained
1/2 teaspoon garlic salt
1/2 teaspoon dry mustard
1/2 cup BEST FOODS Real Mayonnaise
1/2 cup dairy sour cream
1/2 cup beef bouillon
Hot rice or noodles

Saute first 5 ingredients in skillet until beef is browned and onion is tender. Drain fat. Combine next 3 ingredients; stir into meat mixture. Cook over low heat 10 to 15 minutes or until hot. Serve over rice or noodles. Serves 4.

CROWN MEAT LOAF

Delicate Best Foods makes a fluffy-light topping.

Make your favorite meat loaf recipe using 1 1/2 pounds ground beef. Bake in 350°F oven 30 minutes; then remove from oven. Make topping below:

3 egg whites
1/2 teaspoon cream of tartar
1/2 cup BEST FOODS Real Mayonnaise

Beat egg whites with cream of tartar until soft peaks form when beater is raised. Fold in Real Mayonnaise. Spread on meat loaf. Return to oven for 20 minutes or until lightly browned. Serves 6.

Best Foods, a Division of CPC International Inc. cpc®

hat start with Real Mayonnaise.

l that's the other name for Best Foods.®

es fresh, delicate Real Mayonnaise to make everyday
d beef taste so special. If it's smooth and creamy
gh to blend deliciously in everything from sauces
stry, it's Real Mayonnaise. And that means
e-egg Best Foods.

QUICK CHILI BEAN TACOS

rsatile Best Foods takes the humdrum out of hamburgers.

1 pound ground beef
/2 cup chopped green pepper
/4 cup chopped onion
1 (1-pound) can red kidney beans, drained
1 tablespoon chili powder
/2 cup BEST FOODS Real Mayonnaise
Shredded lettuce
6 English muffins, split and toasted
Shredded Cheddar cheese

own first 3 ingredients in skillet. Drain fat; add beans. Stir chili powder, then Real Mayonnaise. Heat over low heat t until hot. Arrange lettuce over muffins; spoon on meat xture. Sprinkle with cheese. Serves 6.

SWEDISH MEATBALLS

Creamy-smooth Best Foods makes sauce-making simple.

3 slices bread, crumbled
1/3 cup milk
1 pound ground beef
1 small onion, grated
1/2 teaspoon salt
1/4 teaspoon pepper
Dash ground nutmeg
2 tablespoons Mazola® corn oil
1 (7/8-ounce) packet brown gravy mix
1/2 cup BEST FOODS Real Mayonnaise

Add bread to milk. Mix in next 5 ingredients. Shape into 1-inch balls. Chill. Brown meatballs in oil in large skillet. Prepare gravy according to directions, using 1 1/4 cups water. Blend in Real Mayonnaise. Add to meatballs and heat. Makes about 45 meatballs.

EASY HAMBURGER QUICHE

Whole-egg Best Foods makes this quiche extra luscious.

1 unbaked 9-inch pastry shell
1/2 pound ground beef
1/2 cup BEST FOODS Real Mayonnaise
1/2 cup milk
2 eggs
1 tablespoon Argo corn starch
1 1/2 cups (1/2 pound) chopped Cheddar or Swiss cheese
1/3 cup sliced green onion
Dash pepper

Brown meat in skillet over medium heat. Drain fat and set aside. Blend next 4 ingredients until smooth. Stir in meat, cheese, onion and pepper. Turn into pastry shell. Bake in 350°F oven 35 to 40 minutes or until golden brown on top and knife inserted in center comes out clean. Serves 6 to 8.

BRING OUT THE BEST FOODS AND BRING OUT THE BEST.

NORMAN A. PLATE

Shingles *form detailed design underneath windows projecting into trees (left). Rows of shingles with pointed bottoms alternate with round-bottom ones. Where house is built around madrone trunk (below), design seems to match natural pattern of bark*

Detail design with pointed and rounded shingles

Detailed shingle work finishes off this house in the woods near Whitethorn, California. Rows of pointed and rounded shingles break the pattern of straight-edged shingling and blend with the patterns of the forest.

The shingles were shaved to equal width, then their thick ends marked to be cut with a band saw. A tin can the same width as the shingles served as a template. The shingles are used to line the lower edge of the walls and in other areas where they can highlight the house without cluttering its lines.

The designer was Robert McKee. □

Use can *as guide to mark shingles for rounded, pointed ends. For stilted surfaces, [illegible] through [illegible] and stain.*

The Subaru dealers of Northern California offer the Subaru GL Coupe at

$2596 Suggested retail price Includes dealer prep and transportation.
Plus tax and license.

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The car for people who know all about imported cars. The car for people who never considered one.

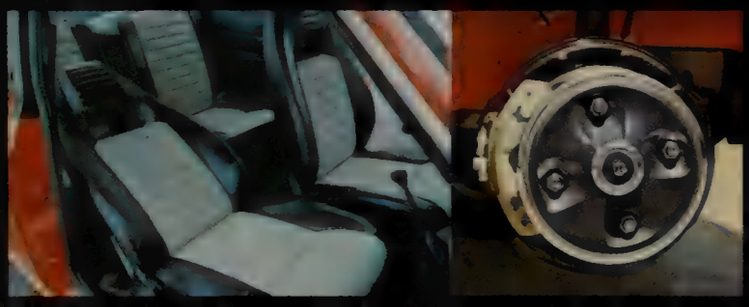
The new Subaru GL Coupe. It delivers the styling, comfort, and performance American drivers need. And it comes through with the engineering imported car experts demand.

The new Subaru GL Coupe. An advanced front wheel drive system puts the engine, the four-speed, all-synchro transmission, and the easy-handling rack and pinion steering over the front wheels. The same wheels that drive the

car steer it. You get better traction on icy or rain-slicked roads and crosswinds don't push you around.

The new Subaru GL Coupe. The powerplant delivers up to 30 miles per gallon on regular gas, yet the car can easily top turnpike and freeway speeds with plenty of power in reserve.

And with high-back reclining bucket seats and the full back seat, there's room for four adults. With a big, deep, square, and very practical trunk. Bushel baskets, a big outboard, or bulky suitcases. In the trunk!



There's only one option. Air conditioning. And that's no hot air.

Look what's included in the Subaru GL Coupe at no extra cost: For good handling: an all-independent suspension, front disc brakes and road-gripping radial tires are standard. For appearance: the decor group includes full carpeting, all vinyl upholstery, and a wood-grained dash, all standard. To be useful: an electric clock, a cigarette lighter, an AM radio, an electric rear window defogger, and a tachometer are standard.

The new Subaru GL Coupe. Test drive it. It's the car for people who know all about imported cars. It's the car for people who never considered an import.

SUBARU GL COUPE $2499 POE

Subaru Automobiles built by Fuji Heavy Industries

Includes all options except air conditioning. Dealer preparation, freight charges and state or local taxes, if any, extra.
For the name of your nearest dealer call 800-631-1972. In N.J. 800-962-2803

How safe is that appliance?

How can you be sure that your new electric gadget in the kitchen won't short-circuit?

Probably the best way, unless you're a qualified electrician with a knack for detective work, is to look for the inconspicuous U.L. label that means the product has been tested by Underwriters' Laboratories.

The label is awarded to thousands of products each year and is one of the few helps the consumer has in sorting through the tangle of cords, sockets, toasters, stoves, and electric tooth brushes on today's market.

What is it?

Underwriters' Laboratories, Inc., is a nation-wide, nonprofit organization that has been testing for public safety for 78 years. Products are submitted voluntarily by manufacturers and put through rigorous tests by laboratory engineers and technicians. Though this isn't required by law, the label is so highly respected by consumers and industry that more than 25,000 new products or new models will be submitted this year.

Each product is inspected by engineers for all reasonably foreseeable hazards with testing costs paid by the manufacturer. In the event that a product is accepted it will be "listed" with Underwriters' Laboratories and the manufacturer will be allowed to use the organization's familiar listing mark.

Unannounced follow-up tests are then made throughout production to assure that a manufacturer continues to meet standards. The significant thing is that this process assures you the product is reasonably safe for normal use.

The U.L. label

When you're buying any product that has a potential of fire, electric shock, or related accident hazards, look for the U.L. label on the body of the product itself or on its carton or wrapping. The label, which always bears the name or initials of Underwriters' Laboratories, will appear as a paper stamp or attached metal plate, or it will be engraved or printed on the item. A label does not mean that different approved models are equal in quality or merit, but only signifies that they have been tested for relative safety.

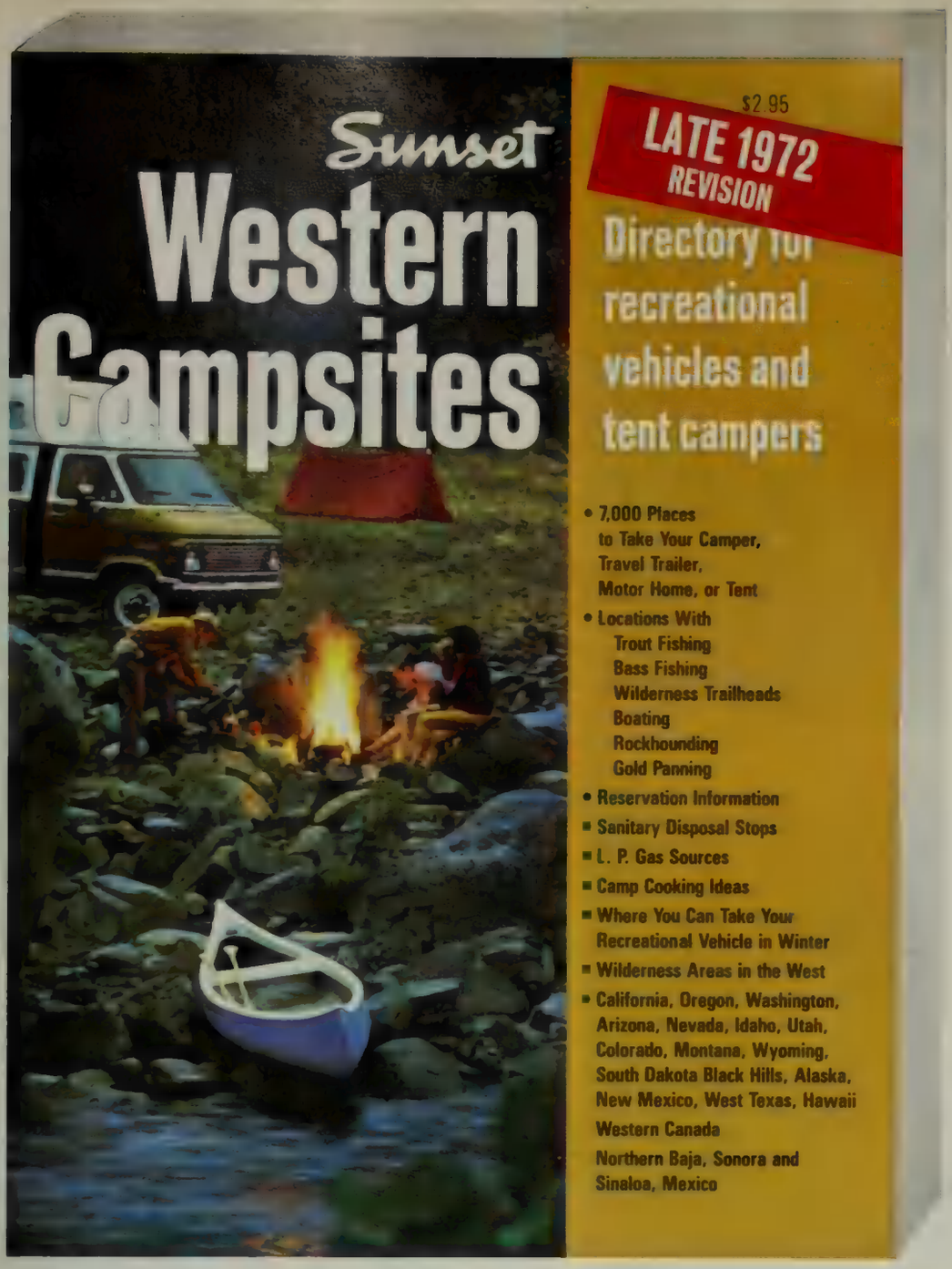
A recent policy requires labels to be placed on the body of appliances or on the carton, not on the electrical cord. In the past, with cord labeling, buyers might incorrectly assume that a label for a cord also endorsed an attached, unlabeled product.

If you can find no label or marking, it means the appliance either failed to pass Underwriters' Laboratories tests or was never submitted. All Underwriters' Laboratories listed products have labels, but if you have any doubts about a product's status, write to Underwriters' Laboratories, 1655 Scott Blvd., Santa Clara, Calif. 95050.

Classified and rated products

Occasionally you'll encounter an Underwriters' Laboratories label that classifies a product. This means it has been checked for specific hazards only, or evaluated for performance under certain stated conditions. The label will usually include the phrase "Classified by U.L. with respect to (nature of hazard) only."

The U.L. label may also indicate performance under a rating system devised for particular products. For example, fire extinguishers are classified with the letters A, B, and C. Class A fires involve ordinary dry combustibles, class B fires involve flammable fluids, and class C are electrically live fires. The system rates each extinguisher with a number indicating how effective it was against controlled A, B, and C class fires. A unit marked 4A, for instance, is twice as effective as one marked 2A; neither, in this case, would be effective against a B or C fire. □



Details on 7,000 campgrounds in the West

HELPS YOU DECIDE

Where to stop, where to go

.ke along this new directory when you head for the outdoor est. It will help you pick the spots that offer the most, and e facilities you want. Take a look at the contents listed on e right side of the cover. Inside the directory's 364 pages u'll find road directions, with all campgrounds, located on aps, state by state.

also includes reservation information, acceptance of pets, complete report on hookups, showers, fees, time limits, sanitary dumps, ice, wood, etc.; nearby attractions, trailheads, ghost towns, wilderness areas, hunting, nature trails, etc.; nearby waters, lakes, streams, distance to boat launch, rentals, horses, boats, trailers. Look for it at your book stores, camping and trailer supply dealers, or send check with coupon.

CAMPSITES—Lane Magazine & Book Company, Menlo Park, California 94025

:ase send me the "Late 1972 Revision" *nset* Western Campsite Directory. I enclose .95 plus 55¢ for postage and handling—al $3.50

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If you have already bought a copy of the '72 edition, see important message on page 137 of this issue. (8.72)

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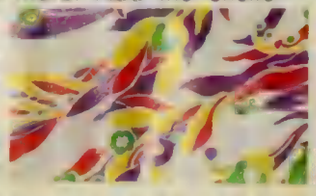
Liberate your bedroom with the new Springmaid Bed Lib Collection

You've seen colors like this only in your imagination.

A new dyeing technique creates new brillance, and new color [illegible] interest in topsheets and pillowcases, all [illegible] elegant cotton [illegible] the French cuff never before found [illegible] ready-to-wear bed fashions. You can put together any of the lively combinations shown above—and more. Add the excitement of Water Flowers and Chevron prints and make it a total look with coordinating coverlets, dust ruffles and bath to[illegible]

For all the elegance, this collection gives you every convenience. These sheets and pillowcases never ne[illegible] ironing, thanks to a Wondercale blend of 50% Kodel® polyest[illegible] 50% combed cotton. They wash cleaner more easily and ret[illegible] their color-brilliance because they're the first with Scotchgar[illegible] brand sheet and pillowcase protector. Come enjoy the fun, t[illegible] fashion and the freedom from care. They're all yours with the ne[illegible] Springmaid Bed Lib Collection.



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)ff the kitchen, a new deck for sitting, eating

remodeling of the house very often quires some kind of landscaping re- sion.

ı this case the adding of ■ new kitchen ing, which projected out into the exist- g garden, literally obliterated the main ıtdoor sitting area. So to create level ıace for a new one, it was necessary to ısh the bank back as far as practical. is protected by a retaining wall of rail- ıad ties that follows the general line of ıe bank and curves around an existing rge California pepper tree.

new sitting-eating deck at indoor floor vel adjoins the kitchen wing; it was ıilt over existing paths and step land- gs. A pathway of wooden decking ex- nds from it around the house to a ıall deck just outside the door of the aster bedroom.

he landscape architect was William ɔuis Kapranos for Mr. and Mrs. J. B. euenburg of Greenbrae, California. □

DARROW M. WATT

New deck *off kitchen wing. Wood walkway leads around house to ■ smaller deck*

All rooms *now open to decks and wood walkways. All decking is of 2 by 6 cedar on 4 by 4 beams spaced 3 feet apart*

Deck *off master bedroom, at left. New patio (behind umbrella) was created when bank (at right) was pushed back*

RICHARD FIS

Grooming *container plants on counter edging play area. Children confine play to gym set; counters are too high for them to reach*

While the children play, their parents work with bonsai

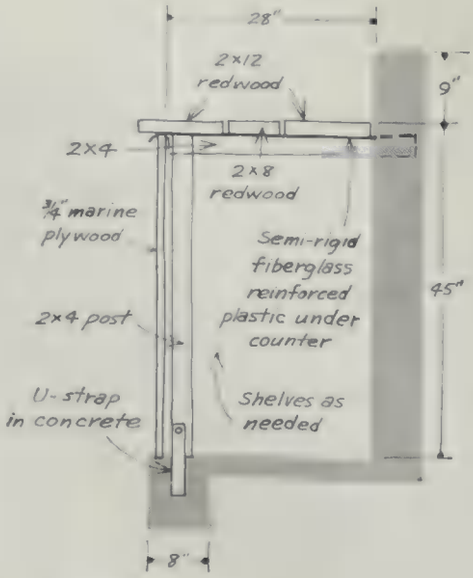
Everything *gardener need is kept in cabinets. Potentiall dangerous chemicals tools are in locked cabinet*

An enclosure around the children's play area was put to good use as a bonsai work center and holding area in this Los Angeles garden. Here plants are potted up, pruned and clipped, and cared for until they're wanted for display on the patio or for short stays indoors.

Under the counters are storage cabinets for containers, planting mixes and raw ingredients, tools, fertilizers, and trash containers. Inside one cabinet is a faucet and hose with a mist attachment to make it easy to water the plants.

The counters get filtered shade from surrounding trees—exactly the kind of climate the bonsai require. Without trees it would be necessary to build a lath structure or some other shading device.

The potted plant center was designed by landscape architects Armstrong & Sharfman as part of a major remodeling project for Dr. and Mrs. Arthur Schanche. □



Counter *should be a convenient height so you can work without bending over*

The two family car.

The great American dream
sed to be two cars in every
arage. But INTERNATIONAL
nanged all that with the
ew SCOUT II.

The new Scout II lets you be
vo families in one (weekday
nd weekend).

All week long the Scout II
orks just like the rest of your
eekday family—going to the
ation, supermarket, cleaners
nd school. And that's where the
fold down rear seat for extra
carrying space comes in mighty
handy. Of course, so does the
smooth ride and optional creature
comforts like automatic
transmission, air conditioning,
power steering and power brakes.

But come the weekend, the
Scout II is as ready to play as the
rest of your weekend family.

The Scout II loves to go
fishing, skiing, hunting,
camping or just exploring.

And with four-wheel drive
you'll discover a lot of fun begins
where the road ends.

So when you stop and think
about it, you really don't need
two cars do you?

In fact, you don't need a car.
You need a Scout II.
The one for both of your families.

Get 'em up Scout!

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is making it on your own two feet.

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North Face
[illegible] Fifth Street
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[illegible] University Avenue
[illegible] Traders
[illegible] Grove Street
[illegible]
[illegible]

BISHOP
[illegible]
[illegible] North Main

BURLINGAME
[illegible] Sporting Goods
[illegible] Drive

CANOGA PARK
Red Wing Shoes
[illegible]

CHICO
[illegible] Red Wing Shoes
[illegible] West 2nd Street

DALY CITY
The Shoe Fair
[illegible]
Sierra Ski Shop
[illegible]

EUREKA
[illegible]
[illegible] F Street

FRESNO
[illegible] Shops, Inc.
[illegible] North Blacksand Road
[illegible] Sports Center
[illegible] North Blacksand Road

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[illegible] Telegraph

PALMDALE
Dan's Skiing & Mountaineering
[illegible] North Sierra

PALO ALTO
North Face
[illegible] Avenue
Stanford Sport Shop
[illegible] El Camino

PLACERVILLE
[illegible] Ski Hut
[illegible] Main Street

PLEASANT HILL
[illegible] Sport Chalet
[illegible] North Main Street

REDDING
[illegible] Outfitters
[illegible] Tehama Street

REDWOOD CITY
B & D Sport Shop
1714 El [illegible]
Larry Dahle Shoes
2327 Broadway

RICHMOND
Jim's Red Wing Shoes
12557 San Pablo

SACRAMENTO
Paul Wagner Shoes
1013 — 13th Street
Paul Wagner Shoes
2517 Yorktown
Paul Wagner Shoes
4360 Florin Road
McIntosh's Sports Center
4768 J Street
Sierra Outfitters
3214 Fulton Avenue
Ski Stalker, Inc.
1735 Howe Avenue

SAN ANSLEMO
Shoe Fair
222 Greenfield

SAN BRUNO
Red Wing Shoe Store
430 San Mateo

SAN FRANCISCO
Larry Dahle Shoes
1124 Market
The Mountain Shop
228 Grant Avenue
[illegible] Sporting Goods
5323 Geary Boulevard
Eddie Bauer
120 Kearny Street

SAN GABRIEL
Alta Sport Shop
[illegible] Huntington

SAN JOSE
Beck's Shoe Store
86 Almaden Avenue
Beck's Shoe Store
3687 Union
Freeman Sport Center
840 Town & Country
Mel Cottons, Inc.
1266 W. San Carlos

SUNNYVALE
Timberline Sports
1424 South Saratoga Road

SAN MATEO
Ellingson Sport Shop
27th & El Camino

SAN RAFAEL
Burt Capel Company
[illegible] Simms Street
Matson's Red Wing Shoes
[illegible] — 4th Street
Stan's for Sports
Third at Grand

SANTA CRUZ
Johnny's Bike & Sport Shop
1017 Pacific Avenue
Wilderness Store
110 Cooper Street

SANTA ROSA
The Backpackers Tent
525 Fourth Street
J. Cuneo Sport Shop
737 Coddingtown
Stan's for Sports
1620 Mendocino

STOCKTON
George's Shoe Store
247 E. Miner
Village Sports Chalet
299 Lincoln Court

TORRANCE
Ski Racquet
20611 Hawthorn

SUNNYVALE
Freeman's Sports
711 Town & Country

WALNUT CREEK
Binneweg's
1389 North Main
Colliers Sports Village
1406 Broadway

WOODLAND HILLS
Sports Ltd
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YOSEMITE NATIONAL PARK
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RENO
Red Wing Shoes
347 East Plumb
Shim's
353 North Sierra

VASQUE—A Division of the Red Wing Shoe Co., Red Wing, Minnesota 55066

GLENN CHRISTIAN

Fragile-looking *leaded gl*
windows make fine coffee tab
but keep heavy objects off th

Old windows become tables

You may have admired fine examples leaded glass windows in an antique junk store but passed them by becau you had no place for them in yo house. But a window doesn't have to a window all the time. Mr. and M Alex Grosswird of Menlo Park, Calif nia, put three of theirs to work in t tables.

As they started the project an importa question arose—are the windows stro enough? Because the leading was s tight and unwarped, it was decided th were, providing reasonable care was ercised in their use.

The windows were set into frames of o and mahogany. Their original fram work was left intact so they could used as windows again if the prop place was found. The tables measu approximately 17 by 31 inches and by 43 inches.

15 innings without recharging.

"Here's the windup . . . . and the pitch . . . ." And the battery's dead.

An infuriating situation we've eliminated with our new 7-inch-diagonal, indoor-outdoor Sony.

Most TV portables play something over three hours before running out of power. Our TV-750 can play over four hours.

That's usually enough to see even an extra-inning ballgame through to the final out.

But there's more. You can recharge the set simply by plugging it into house current, and flipping a switch. Each time, it gives you extra playing time that's about 33% longer than most other portables.

With a possible 100 recharges before you're ready for new batteries, that really adds up.

As you can see, there's no bulky, separate battery pack. Just one sleek white set, with 3 hardware-store batteries tucked inside.

Total weight: a measly 15 lbs.

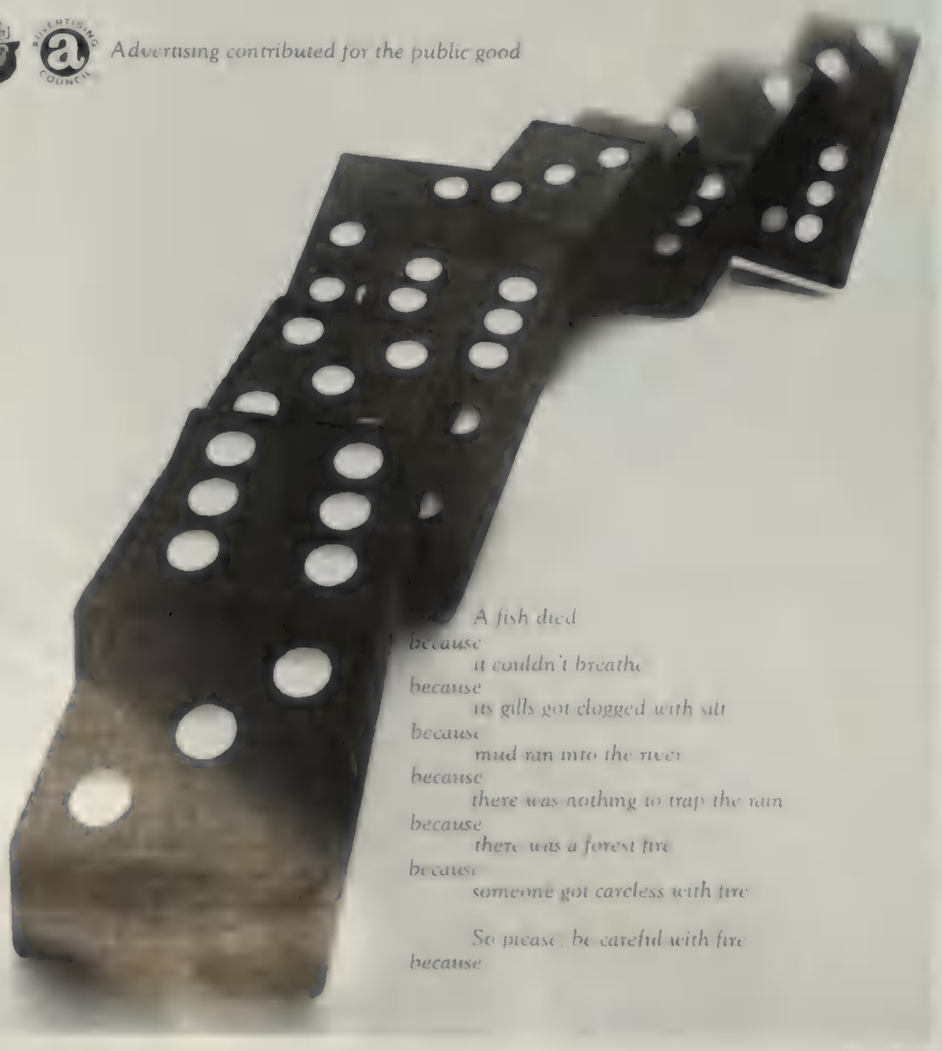
So now all you have to worry about is the performance of the batters. Not the batteries.

SONY. Ask anyone.

escape to... **Bear Valley Summer**

for more information on lodging, condos, homes, Tennis Camp, wilderness expeditions and other activities, write: BEAR VALLEY SUMMER, Bear Valley, California 95223.

Advertising contributed for the public good



DARROW M. W

One holder *for adults, one for children. Horizontal pieces are redwood 2 by 2's held out from the wall by 4½-inch-long 2 by 3's (finished lumber). Six-inch-long lag bolts hold them together and to wall*

Where do the towels go?

A pack rat carpenter would rather sto random pieces of wood than throw the away. Making towel racks is one way t use up short pieces of teak, oak, or oth choice end pieces.

This gives you an excellent opportunit to add hanging space for guest towel You can also place racks at convenie heights for all the younger, shorter men bers of the family.

The four examples pictured were easil

There's still time to have a Good Ford Summer

There's still time to see all the beautiful scenes that make the West the best place on earth to live.
The oceans. The mountains. The deserts. The cities. The people.

And there's still time to get a great buy on a '72 Ford car or truck. But not much time.

Fords are selling like never before in the West...and your Ford Dealer is proud to be Number One in the West in cars and trucks. One reason is that Ford Motor Company has produced a great crop of cars for 1972. And if you buy now... you'll find that prices will never be lower.

It's move out time.
So you can get the year's best price on the year's best cars.
Get yours now...while there's still time to have a Good Ford Summer.

See your Ford Dealer...he's First in the West.

Jeep® guts pick up where others leave off.

Jeep Truck.
The 4-wheel drive pick-up that hauls bigger payloads more places.

Pound for pound, this is one tough truck. It's built to work hard for you. And that goes for every single model up to the 8000 GVW model, with its whopping 3500 lb. payload capacity.

That means you can haul those heavy campers over rugged terrain with a shift into 4-wheel drive. Or, camper off, make fewer trips by carrying more cargo.

With Jeep guts, you get a choice of engines, from a powerful six to a mighty 360 CID V-8. And transmissions geared for anything you want your Jeep Truck to do. A 3- or 4-speed manual, or 3-speed automatic.

The Jeep Truck's frame is rigid. It is reinforced to deal with the stresses of the bumpiest back regions. And its suspension system makes the rocks seem softer.

Something great is going on inside the Jeep Truck, too. Fabulous new fabrics and colors. Options like air conditioning and power steering. Even bucket seats. Price? We'll bet it's lower than you think. A lot lower.

What are you waiting for? Saddle up and test drive a Jeep Truck today.

Toughest 4-letter word on wheels.

Jeep

Drive your Jeep vehicle with care and keep America the Beautiful.

constructed with common workshop tools. In addition to their utility, they add a custom look to your bathroom. □

Toughest 4-letter word on wheels.

Jeep

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aughlin Ford Sales, P.O. Box 1227, (916) 885-6591

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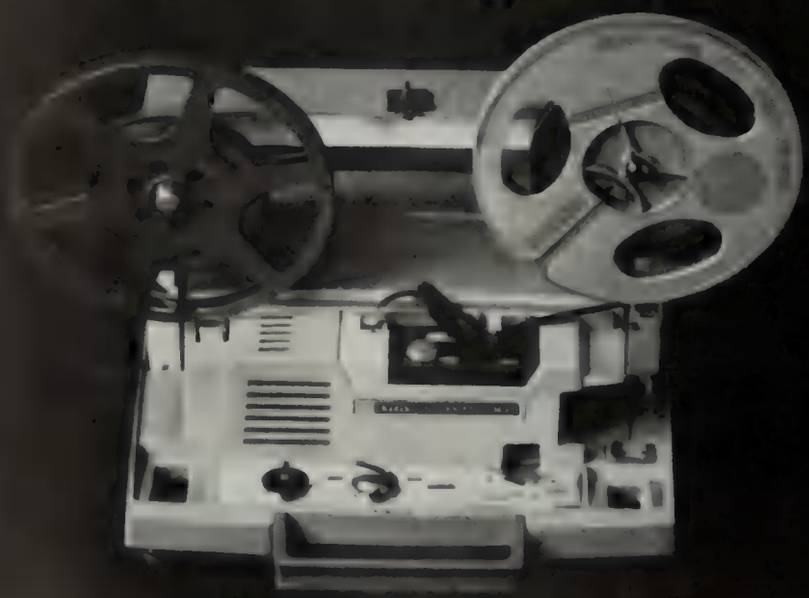
Cal-Vada Auto Company, 301 West 4th St., (702) 323-3106

Beveled strip *of 2½ by 45-inch teak set 2 inches out from edge of counter for towels. Architects: Akiyama, Kekoolani & Associates*
RICHARD DAWSON

Recessed *1¼-inch dowel at left keeps towels out of way. Holder at right has end brackets cut from 1 by 4 by 5-inch pieces of white pine. Design by John Matthias*

Towel bar *of stained and varnished 1 by 2. Dowels hold it 2 inches from wall. Space between dowels above heater is wide enough for wash cloth only. Design by Jerry Gropp*

The case for seven speeds.



Closed, it's as handy to tote as an attaché case. Opened, it's the most luxurious dual super 8 and 8mm movie projector Kodak makes. It's the Kodak Instamatic M95 movie projector.

At the flick of a switch, it goes from slow motion, to normal speed, to fast motion—in forward or reverse. Lets you "freeze" on a single frame, too. Seven speeds in all.

Automatic threading, built-in "houselights" control. 400-foot reel capacity, choice of three lenses including zoom, are only a few of its many fine features. See the M95 at your photo dealer's. From less than $180.

Kodak makes your pictures count.

Kodak Instamatic® M95 movie projector.

Kodak

Price subject to change without notice.

JOHN ARM

Cabinet *is set back 3 inches into wall; backing blends with wall. Glass door opens on brass piano hinge*

Display case set into the wall

Recessed between the studs of an ir rior wall, this 2½ by 6-foot cabinet i handsome display case for small obje and requires less room space than a fr standing cabinet of equal size.

Designed by architect Thomas Tom for his home in Santa Rosa, Californ its frame of 2 by 6-inch redwood tends about 3 inches into the room. backing of redwood plywood, glued the sheet rock of the opposite w matches the wall's finish. The fra boards are notched to hold glass shelv

A molding strip hides the line betwe cabinet and wall.

IF YOU HAVE A HARD TIME TELLING ONE WINE FROM ANOTHER, READ THIS.

First of all, don't feel alone.

Probably 99% of the population can't tell a Pinot Noir from a Zinfandel. Or a great Cabernet Sauvignon from a so-so one.

But where do you go to find out? You read what the wine experts have to say and they all disagree. You read all the wine advertising and everbody's trying to sell his own product.

Cyrano could have used a larger glass. Or a smaller nose.

Nobody has really taken the time to sit down and explain even the most basic things about wine. Until now.

We at Inglenook Vineyards are doing it because it's in our best interest to have you know a great wine when you taste one. After all, that's what we have to sell.

HEIGHTENING YOUR SENSES.

First get yourself a wine glass that exposes the wine to plenty of air. The more air you can expose wine to, the better you can taste it.

And be sure you can get your nose in the glass. That's important because in wine tasting, the nose does 75% of the work. A glass with a 3-inch brim is best for most wines. But if you have a larger than average nose, you'll need a larger than average glass.

NEVER TASTE WINE OVER A CHECKERED TABLECLOTH.

Heavy wine forms "sheets." **Light wine forms "legs."**

Fill the glass about a third full and set it down on a white tablecloth. That's so you can see the wine's true color.

Now really look at the wine. Check its color. That's the first clue to a wine's taste. Usually, the darker the color, the fuller the wine. This applies to whites too, which can go from a pale straw to golden. With rosé, look for a crystal clear light pink, with no muddiness.

Now swirl the wine in the glass. A full bodied wine will come down the glass in "sheets". A lighter wine will break into "legs". A good rosé should come down in thin "legs", which indicates delicate body.

Take a good sniff.

This is hard to explain but your nose should confirm everything you've seen with your eyes. A rosé that looks brilliantly clear and is of delicate body should smell that way too.

WHISTLING AT THE TABLE.

Now take a sip of wine, hold it in your mouth, and whistle. Whistle in, not out. Try to get a nice gurgle going.

This technique also allows you to taste the wine for a longer period of time. For it extends that single instant when wine, air, tongue, gums and nose come together for the first time. Thus, it enables you to have more time to make an initial judgment. Keep in mind everything you've experienced with your eyes and nose, should be confirmed with your mouth by this technique.

BUILD A WINE CELLAR IN YOUR BRAIN.

When you actually start your wine tasting education, be sure to follow the chart below. The order is important because you'll be going from light to full bodied in the white wine spectrum. The red wines are listed in a similar fashion. You should work your way through them after you've mastered the whites.

INGLENOOK'S SUGGESTED WINE PROGRESSION CHART

White	Red
White Pinot	Gamay Rosé
Pinot Chardonnay	Gamay Beaujolais
Grey Riesling	Pinot Noir
Sylvaner Riesling	Zinfandel
Johannisberg Riesling	Gamay
Chenin Blanc	Charbono
Dry Semillon	Cabernet Sauvignon

A WORD OF WARNING.

If you're going to put this much time and effort into learning something about wine tasting, then go for the most expensive wine you can afford. High priced wine is high priced for a reason. Namely, better grapes, and more care goes into the making of the wine.

That said, Inglenook Estate Bottled Wine is the most expensive wine made in America. It all comes from the Napa Valley, which wine authorities agree is one of the finest wine producing regions in America, if not the whole world. And it all bears a vintage date, which is a rarity in American wines today.

Estate bottling means we make it from varietal grapes grown in vineyards under our constant supervision.

So if you can swing it financially, get your wine education from Inglenook.

Any good education costs money.

INGLENOOK

We make the most expensive wine in America.

This ad is one of a series. If you'd like copies of the other ads, send your name and address to The Cellarmaster, Box K, Inglenook Vineyards, Rutherford, Ca. 94573.

GLENN CHRISTIANSEN

Like a ship's prow, *A-frame rises from creek bank (left). Steeplelike structure is chimney. Dramatic interior is achieved with raw wood, tall windows*

Plastic *skylight brightens peak of living room ceiling*

An unfinished, natural look . . . "by running water, like Rivendell"

Stone buttress *supports large roof timbers, goes right into house*

They wanted a contemporary version of Little Red Riding Hood's grandmother's house—natural, rough, and sylvan but with modern conveniences.

So the Jeffery Smiths designed two A-frames with soaring windows that provide grand views of sky, wooded hills, and the creek that flows through their property in Portola Valley, California. They achieved the unfinished natural look with wood, local stone, a concrete floor, a skylight, and a huge fireplace and chimney.

The A-frame pictured here is 24 feet high, with living room at one end and kitchen, dining area, and study loft at the other. The second A-frame is devoted to children's rooms. A flat-roofed structure joins the two A-frames and contains master bedroom, bath, ar storage areas.

The skeleton of each A-frame consis of 4 by 12-inch Douglas fir roof timbe that angle up steeply from a 3-foot-hig stone buttress to the peak of the roo By thus raising the support for the roo beams, rather than by beginning ground level, the owners maximized th amount of space you can comfortab walk in without bumping your hea Horizontal members are tongue-an groove redwood 2 by 8's.

To prevent beams from spreading at bo tom or top—a problem in A-frame co struction—steel reinforcing rods en bedded in the concrete floors conne opposing buttresses. At the peak, beam are bolted to metal plates (see picture

There's a place where fish climb trees, people wash up before they take a bath, and a mountain changes color every minute of the day.

The Pacific.

If you've done your share of traveling, and you're looking for some place unusual to go to, it's time you looked into the Pacific.

The Pacific is unlike any other place in the world.

The Pacific is New Zealand, where winter is summer, where you can see a boiling lake and walk on a glacier.

And Australia, where there's a mountain that changes color all day, from sunrise to sunset.

The Pacific is Fiji, where the people are as friendly as they are beautiful, where turtles come

out of the sea when they are sung to, and where you can see a fish that climbs trees.

The Pacific is Bali and Samoa. And Tahiti, where people would rather make friends than make money.

The Pacific is exotic Hong Kong, Thailand and Singapore.

And, of course, the Pacific is Japan. Where the trains go 100 miles an hour, but the people still take the time to live graciously. (They even wash up before they take a bath because a bath is considered a pleasant way to relax rather than just a way to get clean.)

The Pacific is different from any other place you've ever been.

And nobody knows the Pacific better than we do at Pan Am. We were the first airline to fly there, back in 1935. And, today, we can fly you direct to more places in the Pacific than the next five airlines combined.

We can take you to all of the Pacific, or any part of it. For a week, or two, or three, or a month. On your own, or on a tour. (For example, we have one that gives you 16 days in Japan, Thailand and Hong Kong for only $1077 including round trip air fare from the west coast.)

And we won't just take you there and bring you back.

We help you plan your trip before you go. And when you're there, we're there with Pan Am offices to advise you and help you with anything you need.

So if you're interested in going to the Pacific, call a Pan Am travel agent or Pan Am office.

And find out how our experience can add to your experience.

Pan Am

The world's most experienced airline.

It's one third of your life. Spend it dreaming in Wamsutt
Dream a little longer. This is No-Iron Ultracale.
SHOWN: PAINT BOAT ON STAY-FRESH ULTRACALE® 50% FORTREL® POLYESTER 50% COMBED COTTON. YELLOW, PINK, BLUE

replace *hearth juts out into living room provide extra seating*

p right on page 98).

ɔuse and setting blend. Timbers are re, support members unfinished. Parts the walls, foundation, and fireplace ɜ stones from the creek. Interior floors tend outside, where they're patios. ɔne supporting buttresses project in- e (see bottom picture on page 98).

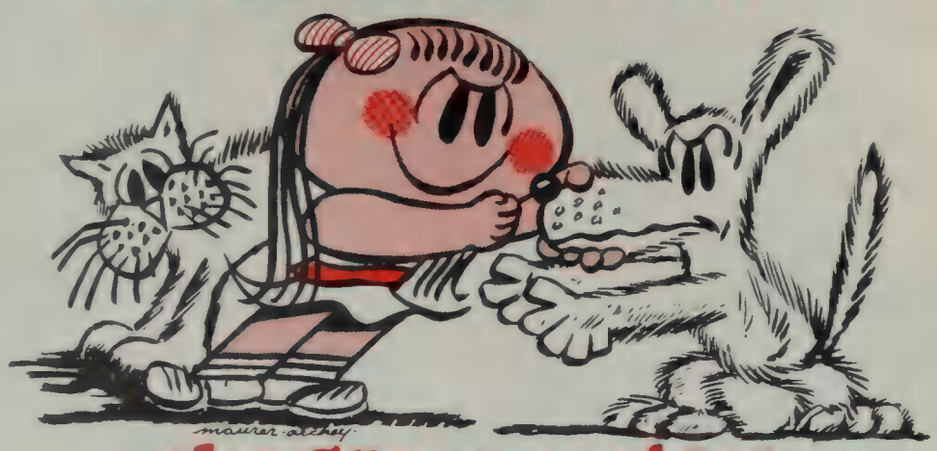
ıe creek is audible in every room, ıich is why the owners call their house vendell. (That is where the gnomelike ɔbbits lived "always within the sound running water" in J. R. R. Tolkien's ɔle, *The Lord of the Rings.*)

ɔu might think heating would be a ɔblem in such a cavernous room, but liant heating coils embedded in the ncrete floor provide an even and eco- mical heat. And the huge fireplace can ɔport a fire big enough to warm the ɔm with the heating system off.

e 27-foot-tall chimney rises like a ırch steeple above the roof and en- es against fire. Sparks cool in the long ıft, which gives the extra big fireplace extra strong draft.

ɜaning is simple. Pull rugs and furni- e aside, then squirt windows, stone lls, and concrete floors with a garden ɜe. Obviously, in such a sturdy house ıthful roughhousing isn't much of a ɔblem either. □

BEEF is...



...the great protector

Wholesome beef builds blood and forms antibodies to fight infections in the body. It is a great protector against weakness, fatigue and anemia. Beef is a nutritious food.

STIR-FRY BEEF: Thinly slice one lb. lean, boneless beef (chuck, round or flank) to make strips 2" long and 1/8" wide. Cut an onion into eights, separate into layers. Brown beef quickly in 2 tablespoons hot oil, lifting and turning. Add onion and 2 cups *each* fresh bean sprouts and diagonally sliced celery. Stir-fry 3 minutes. Add 1 cup beef broth and 1/4 cup soy sauce. Cover and simmer 2 minutes. Uncover. Add a (6-oz.) can water chestnuts, drained and sliced. Stir in 4 teaspoons cornstarch mixed with 2 tablespoons cold water. Cook until sauce clears. Serve at once. Serves 4.

CALIFORNIA BEEF COUNCIL 463 BREWSTER AVENUE REDWOOD CITY CA 94063

Red Wing G.O. Boots are as great as the great outdoors itself...

STYLE 2125

So get yourself a pair and let your feet enjoy your day off

See your dealer or write:

RED WING

RED WING SHOES

RED WING SHOE COMPANY • Dept. S, Red Wing, Minnesota 55066

Sunset's Kitchen Cabinet®

Some foods seem to taste better when you can eat them out-of-hand and out-of-doors. One is spareribs, and our recipe for sweet and sour ribs is especially suited for casual summer meals: You can prepare them ahead to reheat later or to take on a picnic. Other supper dishes you can fix in th morning are stuffed patty pan squasl a rice casserole, and molded ha salad. Or try a luscious blueberr coffee cake or apple dessert.

Cool salad, generously full of ham, cheese, and celery has lively flavors

Ham Salad Mold

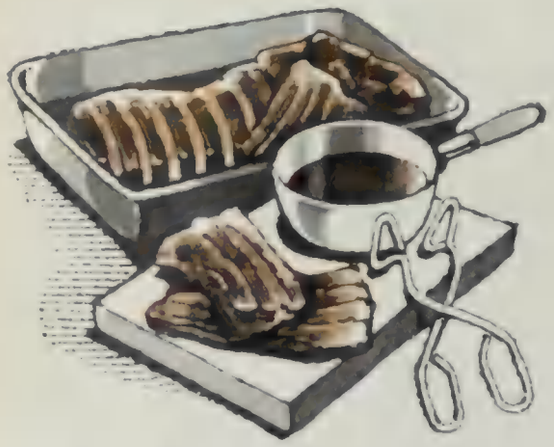
This gelatin salad makes a nourishing main dish for lunch or supper.

- 2 envelopes unflavored gelatin
- 1½ cups tomato juice
- 1 tablespoon wine vinegar
- ¼ teaspoon paprika
- 1 tablespoon minced onion
- 1 teaspoon Dijon-style mustard
- ½ cup mayonnaise
- 2 tablespoons sweet pickle relish
- 2 cups finely chopped, cooked ham
- ½ cup finely diced Swiss cheese
- ½ cup finely diced celery

Sprinkle the gelatin over tomato juice in a pan; allow to soften for about 5 minutes, then heat and stir until the gelatin is completely dissolved. Remove from heat and stir in the vine gar, paprika, onion, and mustar until well blended. Cool to room tem perature.

Stir the mayonnaise and pickle relis into cooled gelatin until evenl blended. Then stir in the ham, cheese and celery. Pour into a 1-quart sala mold and chill until firm. To unmolc immerse mold in hottest tap water fo 5 to 10 seconds; cover with servin plate and invert. Makes 4 servings.—*V. J., Whittier, Calif.*

You might surround the salad mol with sliced cucumbers when yo serve it.



Ribs acquire rich mahogany glaze in a tomato sauce with soy, honey, Sherry

Sweet and Sour Ribs

If you bake these ahead, reheat them uncovered in the sauce or serve at room temperature.

- 2 sides (5 to 6 lbs. total) pork spareribs
- 1 can (8 oz.) tomato sauce
- ⅔ cup dry Sherry or apple juice
- ⅔ cup honey
- ¼ cup *each* cider vinegar and soy sauce
- 3 cloves garlic, minced or mashed
- 2 tablespoons minced onion
- 1 teaspoon *each* salt, celery seed, and Worcestershire
- Dash *each* pepper and liquid hot pepper seasoning
- ½ teaspoon ground ginger

Put single layers of ribs in two large pans such as utility or roasting pan place in a 450° oven for 30 minute Drain and discard the fat; cut rib apart into serving-sized pieces an combine in one pan about 12 by 1 inches. Reset oven at 350°. Mear while, in a pan combine the tomat sauce with all of the remaining ingre dients. Simmer uncovered for 20 mir utes, then pour over ribs in bakin pan; cover tightly with foil and pu into a 350° oven for 40 minutes.

Remove foil, baste ribs with sauc and bake uncovered for 40 minute longer, basting often. Makes about servings.—*E. M., Saratoga, Calif.*

It's quick to prepare from cooked rice; the avocado and tomato go on top

Fiesta Rice Casserole

Serve this colorful casserole of rice and vegetables with barbecued meat.

- 3½ cups cooked rice (warm or cold)
- 1 can (2¼ oz.) sliced ripe olives
- ½ green pepper, chopped
- ½ cup chopped onion
- 1 tablespoon butter or margarine
- ¾ cup regular strength beef broth
- 1½ teaspoons chile powder
- ¼ teaspoon *each* ground cinnamon, ground cumin, and oregano
- ½ teaspoon salt
- 1 avocado
- 2 tablespoons lemon juice
- 2 medium-sized tomatoes

Turn the rice into a buttered 1½ or 2-quart casserole. Mix in the olives (well drained) and green pepper. Sauté the onion in butter until lightl browned. Add the beef broth, chil powder, cinnamon, cumin, oregan and salt; simmer for 5 minutes, the pour over rice mixture in casserol

Cover casserole and bake in a 375 oven until heated through, about 2 minutes. Meanwhile peel and slice th avocado; mix with lemon juice to co all sides. Also peel the tomatoes an cut in wedges; set aside. Remove ca serole from oven, stir in the lemo juice from the avocado and arrang avocado and tomato on top of ric Makes about 6 servings.—*H. N., Sa Francisco.*

invite you to tell us about your recipe creations. Send them to Home Economics Department, *set Magazine,* Menlo Park, Calif., 25. We pay $10 for each recipe lished.

Spareribs to eat out of hand— with rice, squash, pudding-pie

eberry Brunch Cake

runchy nut topping contrasts deusly with the fruit-filled cake.

- 1 cup regular all-purpose flour (unsifted)
- ⅓ cup sugar
- ½ teaspoons baking powder
- ½ teaspoon salt
- 1 egg, slightly beaten
- ½ cup milk
- ⅓ cup salad oil
- 1 tablespoon lemon juice
- cup blueberries
- Nut topping (directions follow)

bine the flour, sugar, baking der, and salt; sift into a mixing l. Make a well in the center of flour mixture and put in the egg, , salad oil, and lemon juice. Stir until the mixture is evenly blended, then pour into a well-greased 8-inch square pan.

Scatter the blueberries evenly over the top of the cake batter, then sprinkle the nut topping over the berries. Bake in a 375° oven until a cake tester inserted in center comes out clean, about 40 minutes. Makes about 8 servings.—*L. F., Portland.*

Nut Topping. Combine ⅓ cup sugar, ¼ cup flour, ¼ teaspoon cinnamon, and ½ cup chopped almonds or walnuts. Add 2 tablespoons butter or margarine and work with your hands until fine crumbs form.

Cut the coffee cake in squares to serve; it's good warm, cooled, or reheated

fed Patty Pan Squash

can have this vegetable ready to and heat before dinner.

- 2 pounds patty pan squash (*each* about 3 inches wide)
- Boiling, salted water
- Salt and pepper
- 3 tablespoons butter or margarine
- 6 green onions (with part of green tops), thinly sliced
- 2 tablespoons flour
- ½ cup chicken broth or milk
- ¼ teaspoon poultry seasoning
- ½ cup grated Parmesan cheese
- ½ cup soft, fresh bread crumbs

k whole squash in the boiling d water until just tender, about 5 utes; drain. Cut off stems, then a ½-inch-thick slice off blossom end of each squash; chop slices and set aside. Remove all seeds, arrange squash in a baking dish, and sprinkle with salt and pepper.

Melt 2 tablespoons of the butter, add onions and flour, and cook until bubbly. Stir in the broth and cook, stirring, until thickened. Remove from heat and add chopped squash, poultry seasoning, and cheese; fill each squash. Then melt the remaining 1 tablespoon butter, mix with crumbs and sprinkle over squash. Bake, uncovered, in 350° oven for 20 to 30 minutes, until lightly browned. Serves 8.—*I. R., North Sacramento.*

You cut off stem, turn the squash over, and hollow out from the blossom end

mer Apple Pudding-Pie

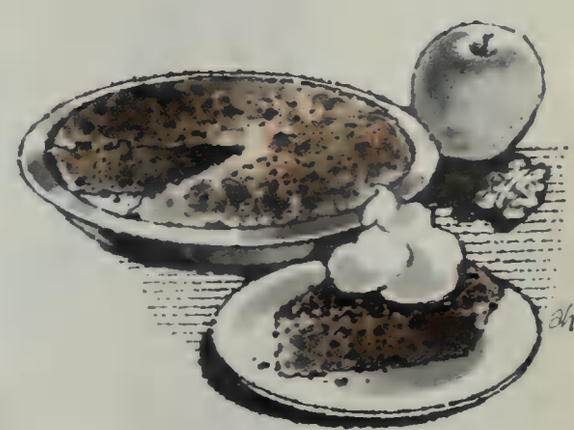
ough it bakes in a pie pan, this ert is more like a cake, laced with of fresh apple and is quicker to e than a pie.

- 1 egg
- ¾ cup sugar
- ½ cup regular all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ½ cups chopped raw apples (peel and cores removed)
- ¼ cup chopped walnuts or almonds

bowl, beat the egg until light, beat in sugar until well blended. bine the flour with the baking der, salt, and cinnamon; sift into egg mixture. Stir until mixed well. Then stir in the chopped apples and nuts. Spoon into a well-greased 8 or 9-inch pie pan and smooth top with a spatula.

Put the dessert into a 350° oven and bake until it springs back when lightly touched in center and top is browned, about 45 minutes. Serve warm or cool. To reheat, place in a 350° oven, uncovered, for about 10 minutes.—*M. N., Escondido, Calif.*

You can top each wedge of the dessert with a mound of whipped cream or a spoonful of vanilla ice cream, just before you serve it. Or you can top it with lemon sauce.



To serve this apple dessert, cut it in wedges like pie, top it with cream

NORMAN A. PLATE

For starters as well as stoppers . . . melon with mint, with berries, with coriander, with melon

Cantaloupe *bits and raspberries in a crimson sauce of berry purée spiked with Sherry*

Slices *of Crenshaw get bright green garnish of fresh coriander; it's a clue to the faintly exotic coriander-flavored sauce*

l, green *wedge of sweet honeydew h sliced peaches and berries, topped h a tart cream dressing*

A mixed bowl *of melon balls makes a colorful medley to serve in a chilly citrus syrup flavored with fresh mint*

mp melons—sweet, juicy, and cool the inside—are one of summer's gifts. y're also remarkably versatile. With a little effort you can use melons in ariety of refreshing ways to start or a meal.

he four tempting combinations pic- d here, we've helped the melon's tle flavors along with a simple sauce lressing. They're all good as an open- course or for dessert. Serve them l chilled.

ntaloupe and Raspberry Refresher

u'll need a good-sized ripe cantaloupe a basket (about 2 cups) of raspber- . Wash and drain the berries. Force ugh berries through a wire strainer nake ½ cup purée. Put purée into a l and blend in 3 tablespoons sugar ¼ cup cream Sherry. Cut the melon bite-sized chunks, cutting off rind discarding seeds. Mix cantaloupe all its juices into purée; cover and l. Also chill remaining berries.

serve, spoon fruit and purée into bet glasses or bowls. Top with re- ning berries. Makes 6 to 8 servings.

it Filled Honeydew

u'll need a ripe honeydew, 4 peaches (or nectarines), and about 1 cup *each* blueberries and raspberries (or strawberries); chill all fruits.

For the sauce, stir together 1 cup sour cream, 1½ tablespoons honey, ½ teaspoon dry mustard, and 2 teaspoons lemon juice; cover and chill.

To serve, cut melon into 6 or 8 wedges, discarding seeds. Top each wedge with peach slices and berries. Pass a bowl of the sauce at the table. Makes 6 to 8 servings.—*G. P., Merced, Calif.*

Coriander Spiced Crenshaw Melon

Look for fresh coriander (also called cilantro or Chinese parsley) in markets that carry Oriental or Mexican foods; or use dried cilantro (coriander leaves) and ground coriander, both found on the spice shelves of your market.

For half of a large Crenshaw melon, prepare this dressing: Stir together ¼ cup fresh lime juice, 1½ tablespoons honey, and 1 tablespoon coarsely chopped fresh coriander (or use ½ teaspoon *each* dried cilantro leaves and ground coriander); cover and chill several hours. Also chill the melon.

To serve, slice melon into thin lengthwise crescents and cut off the rind. Arrange on 4 to 6 plates with slices overlapping slightly. Garnish each with whole coriander leaves (or sprig of parsley). Serve dressing in small cups on each plate or pass a bowl at the table. Makes 4 to 6 servings.

Minted Melon Balls

For the syrup, combine ⅓ cup sugar and ½ cup water in a small pan. Bring to boiling, stirring until sugar is dissolved; boil 5 minutes. Remove from heat and pour over 1½ tablespoons coarsely chopped fresh mint; cover and chill about 1 hour; then pour syrup through a wire strainer and discard the mint. Stir in 2 tablespoons orange juice and 1 tablespoon lemon juice; cover and chill thoroughly.

Choose an assortment of melons to make 2 quarts of balls (such as cantaloupe, watermelon, honeydew, Crenshaw or Persian). Use a melon ball cutter; or if you don't have one, bite-sized cubes will do. Combine in a bowl; cover and chill. To serve, pile melon balls in a shallow serving dish, arranging them in layers if desired. Pour chilled syrup over all; garnish top with mint sprig. Spoon into individual bowls to serve. Makes 6 to 8 servings. □

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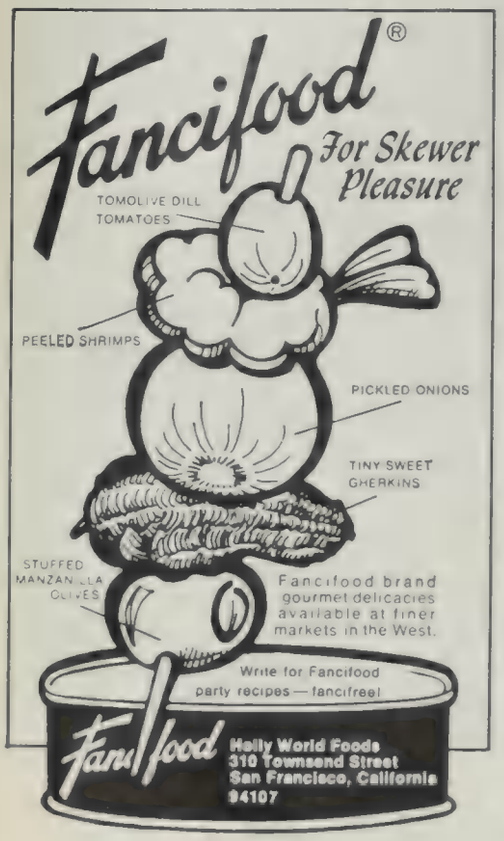

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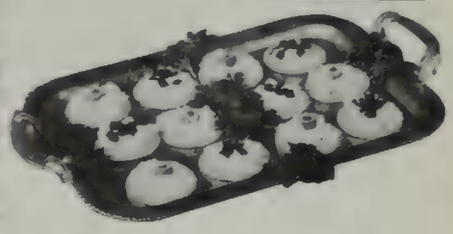
Quick Cheese Recipes from STELLA



ZESTY EGG-CHEESE SPREAD

2 chopped hard-cooked eggs
4 oz. (1 cup) shredded STELLA FONTINELLA, ITALIAN SHARP or KASSERI cheese
3 tbsp. mayonnaise 2 tsp. grated onion
½ tsp. vinegar ½ tsp. prepared mustard
assorted crackers
pimiento-stuffed olives

Combine all ingredients. Chill several hours before using. Spread on crackers. Garnish with a slice of stuffed olive, or bits of parsley.

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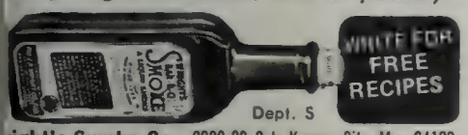

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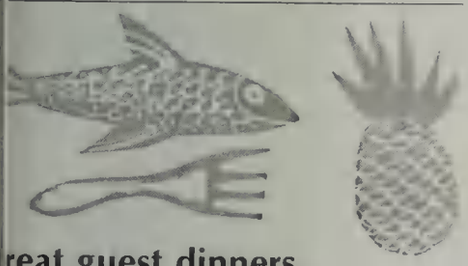

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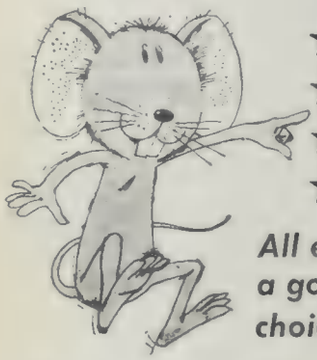

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If you grow Satsuma plums or have a friend who does

Satsuma plums can seldom be bought in markets—but they're ripening now in home gardens. The fruit, small to medium in size compared with other plums, has a dull red skin, meaty red flesh, and sweet, winey flavor. They're ready to eat when still quite firm although the softer the fruit, the more concentrated the plum flavor.

If you have a supply of these short-seasoned plums, you'll find they are good eaten fresh. Cooking, however, seems to intensify their rich flavor.

This spicy cake bakes so the plums make a fruit syrup on top. Serve it with whipped cream or ice cream.

Satsuma Upside-down Cake

- ½ cup granulated sugar
- 1 teaspoon ground cinnamon
- About 10 medium-sized Satsuma plums, quartered and pitted
- ½ cup (¼ lb.) butter or margarine
- ¾ cup firmly packed light brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 1¼ cups regular all-purpose flour (unsifted)
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ⅛ teaspoon ground allspice

Stir together the granulated sugar and ½ teaspoon of the cinnamon and sprinkle half the mixture over the bottom of a lightly greased 9-inch cake pan. Arrange plums, cut side down, in the pan. Sprinkle with remaining sugar-cinnamon mixture.

In a bowl beat the butter and brown sugar together until creamy; beat in eggs, one at a time, and vanilla. Stir together remaining ½ teaspoon cinnamon, flour, baking powder, salt, and allspice. Gradually beat in flour mixture until blended.

Spoon batter evenly over plums in cake pan. Bake in a 350° oven for 35 minutes or until cake springs back when lightly pressed. Cool about 10 minutes, then turn onto a serving plate. Serve warm or cooled. Makes 6 to 8 servings.

Whipped cream helps smooth and blend the flavors in this dessert compote.

Satsuma Plums Poached in Wine

In a 3-quart pan combine 4 cups quartered pitted Satsuma plums; 1 to 1¼ cups sugar; ⅔ cup red Port or dry red wine; ⅓ cup water; and 4 thin slices of a whole orange (reserve remainder for garnish). Cover, bring to boiling, then simmer for 3 to 4 minutes or just until tender; chill.

Before serving, remove orange slices. Spoon plums into a serving bowl; garnish with thin slices of reserved orange. Serve with sweetened whipped cream. Makes 6 to 8 servings.

Cut *plum in half and gently twist; then cut out pit with the tip of a sharp knife*

Serve this streusel-topped pudding warm with cream to pour over.

Satsuma Plum Pudding

- 4 cups quartered, pitted Satsuma plums
- 1½ cups sugar
- 2 tablespoons quick-cooking tapioca
- ½ teaspoon grated orange peel
- ¾ cup regular all-purpose flour (unsifted)
- ½ teaspoon baking powder
- ¼ teaspoon *each* ground cinnamon and ground ginger
- ¼ cup (⅛ lb.) butter or margarine

In a bowl combine plums, 1 cup of the sugar, tapioca, and orange peel. Let stand 20 minutes; stir occasionally.

Meanwhile stir together the remaining ½ cup sugar, flour, baking powder, cinnamon, and ginger; add the butter and rub between fingers until butter lumps are no longer distinguishable; set aside.

Spoon plum mixture into an 8-inch-square baking dish. Firmly squeeze small handfuls of the butter-flour mixture to make about 6 hunks. Roughly break each into large lumps and evenly scatter over plums for a chunky topping.

Bake in a 350° oven for about 30 minutes or until topping is very light brown. Serve warm. Makes about 6 servings. □

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A not-very-sweet cooky . . . with cheese

Cookies with cheese?—The combination is especially tasty if the cooky is only slightly sweet and toasted and the cheese is soft, creamy, and mild.

It's a British tradition to have cheese with slightly sweet crackers. In the same way, the cooky and cheese combination presented here can be served with tea or coffee and fruit for a quick breakfast or snack, or with a glass of lightly sweet, fruity wine for dessert.

The cookies, called Jewish Mandel Bread, are baked twice. Dough is first shaped into loaves and baked until firm. Then the loaves are cut in slices and returned to the oven until lightly toasted. The resulting cooky slices, rich in almond flavor and studded with nuts, have a firm, biscuitlike texture and delicate sweetness. They're delicious spread with a mild, creamy cheese.

Select a slightly sweet, soft dessert cheese such as bonbel, breakfast, boursin, or cream cheese to accompany the cookies. Or serve them with your own fresh summer cheese (for a recipe in this issue, see index).

NORMAN A. PLATT

For breakfast *or anytime: toasted Jewish almond cookies with soft cheese and fruit*

Jewish Mandel Bread

- 1 cup chopped blanched almonds
- 1 cup sugar
- ½ cup (¼ lb.) butter or margarine, melted
- 2 teaspoons almond extract
- 4 eggs
- 3 cups regular all-purpose flour (unsifted)
- 1½ teaspoons baking powder
- ½ teaspoon salt

Spread the almonds in a shallow baking pan and put in a 350° oven until lightly browned, about 10 minutes.

Mix the sugar with the butter and almond extract until blended. Beat in the eggs with a wooden spoon. Combine flour, baking powder, salt, and sift into the egg mixture; stir until well blended. Stir in nuts. Cover and chill 2 hours.

On a lightly floured board, divide the dough into 2 equal portions. Shape each portion of dough with your hands to form loaves that are about 2½ inches wide, 12 inches long, and ¾ inch thick. Place loaves on a buttered cooky sheet. Bake in a 350° oven until firm and lightly browned, about 30 minutes.

Remove from oven and cool on pans until you can touch them, then cut each into ½-inch slices. Arrange slices, cut side down, close together on cooky sheets; return to the oven (350°) for 15 minutes more or until lightly toasted. Cool on wire racks and store in an airtight container. Makes about 4 dozen.—*J. G., Berkeley, Calif.* □

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2. Baked Trout. Scale and clean fish, removing head. A one lb. fish can be cooked whole, and serve one person. Cut larger fish into individual portions. Place a slice of bacon on a square of extra-strong Heavy Duty Reynolds Wrap. Place fish on bacon. Add sliced onion, a slice of lemon, salt, pepper, paprika and a pat of butter. Bring foil up over fish. Seal tight over top with double fold. Seal ends. Place packets on grill, 4" over hot grey coals. Cook about 20 minutes, turning once.

3. Grilled Corn-on-the-Cob. Strip off outer layers of husks, remove silk. Dip corn in cold water. Wrap tightly with double fold in Heavy Duty Reynolds Wrap. Cook on grill about 20 minutes, turning

4. Salad Crisper. Cover bowls of salad with Reynolds Wrap. The foil reflects the heat so salads stay fresher, crisp and cool.

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DARROW M. WATT

Garlic Chive Vinegar
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Lemon Thyme and Rosemary Vinegar
Use in lamb or poultry marinades, in shellfish cocktails

Sweet Basil and Oregano Vinegar
Use in salad dressings; marinades for meat, poultry; tomato sauces. Tarragon vinegar, not shown, has same uses

Spiced Orange Vinegar
Use in poultry marinades, fruit salad dressings. Lemon-mint vinegar, not shown, has same uses

Good-looking in the vinegar bottles, soft and mellow to the taste

By adding fresh herbs, whole spices, or fruits to vinegar and allowing them to infuse it for several weeks, you put in more than the characteristic flavors of the seasonings. The effect is to soften and mellow the vinegar's sharp flavor. Put these special vinegars into bottles or jars with interesting shapes and they make attractive gifts.

Garden-fresh herbs are ideal ingredients for flavored vinegars. Especially at this time of year, you may find fresh basil, mint, chives, or tarragon in the markets where you shop. Look for garlic chives in Oriental markets. Or consider buying herbs in small pots from a nursery or garden center; lemon thyme, rosemary, sweet basil, and oregano are all available. In addition to the flavoring combinations we used, you might try fresh dill, other varieties of thyme, parsley, garlic, shallots, or green onions. Making any of the vinegars is an extremely simple process.

How to make flavored vinegars

Put your choice of flavoring into a clean jar or bottle, then fill it with cider or wine vinegar, and put on the lid or cap.

To speed up the infusion so you can start using the vinegar in one to two weeks, heat it to lukewarm (or even boiling), then pour in bottle over bruised or coarsely chopped herb leaves. Let the bottles stand in a warm place, such as a sunny windowsill, and shake gently each day. When the flavor suits you, strain out the seasonings and discard, then return the vinegar to the bottle.

To make flavored vinegars that look as pretty as the ones in our picture, especially if you plan to give some as gifts, you'll want to use a slower infusion process. Do not bruise the herb leaves or heat the vinegar at all, and let the bottles stand in a cool, dark place without shaking them. Handled this way, it takes about three to four weeks for the flavor to develop.

The vinegars shown here were not strained or opened for about four months and suffered no appreciable loss of quality. Each of the following makes about 1 pint.

Garlic Chive Vinegar. Wash and dry about 10 fresh garlic chives each about 8 inches long. Place them in a pint bottle and fill with white wine vinegar.

Lemon Thyme and Rosemary Vinegar: Wash and dry 1 leafy sprig (about 5 inches long) *each* rosemary and lemon thyme. Place herbs in a pint bottle with 4 whole black peppers and 5 small fresh grapes; fill the bottle with white wine vinegar.

Sweet Basil and Oregano Vinegar (or Tarragon Vinegar): Wash and dry 1 leafy sprig (about 5 inches long) *each* sweet basil and oregano (or use 2 sprigs fresh tarragon). Place herbs in a pint bottle with 4 whole black peppers and fill with red wine vinegar.

Spiced Orange Vinegar: With a small sharp knife, cut a continuous spiral strip of peel about ½ inch wide from 1 small orange. Place rind, 2 whole cinnamon sticks, 6 whole cloves, and 6 golden raisins into a pint bottle; fill with cider vinegar.

Lemon-Mint Vinegar: With a small sharp knife, cut a continuous spiral strip of peel about ¼ inch wide from 1 lemon. Wash and dry 2 leafy sprigs of mint. Place mint, lemon rind, and 6 dried currants in a pint bottle and fill with white wine vinegar.

The General Electric Microwave Oven cooks breakfast, lunch and dinner. Fast.

And that's saying a mouthful.

In fact, it's the fastest method of cooking there is.

No other method comes close. Not fire. Not gas. Not anything. (Not surprising when you consider we've been in the business of electric cooking for 50 years.)

BREAKFAST	
Grapefruit Halves	2 minutes
Bacon (4 Strips)	4 minutes
Scrambled Eggs (5)	3-1/2 minutes
4 Sweet Rolls	30 seconds
Coffee	2-1/2 minutes

Just plug our microwave oven into any adequate 120 V. outlet. And turn it on. The food gets hot, but the oven stays cool. So, if you like, you can even cook on paper plates.)

How does it do it?

The microwaves vibrate the food molecules against one another. Causing friction. This, in turn, creates the heat that cooks your food. Food that's faster and more evenly done than anything you've ever seen. With all its natural juices still flowing. Not all dried up.

LUNCH	
Tomato Soup	2-1/2 minutes
Toasted Cheese Sandwich	30 seconds
Deluxe Cocoa Brownies	7 minutes

What's more, with the special recipe book, timer and control settings, practically all the guesswork is taken out of cooking. So when you want a rare rib roast you don't end up with a well-done rib roast.

Another feature as dependable as our microwave oven: GE Customer Care Service Everywhere. Our pledge that wherever you are, or go, there's an authorized serviceman in your area. Should you ever need one. For more information about our microwave oven (also known as the Just-A-Minute oven), speak to your General Electric dealer. He'll show you how it can do more than just cook fast. How you can wheel it around on a patio cart, or build it into a cabinet. Or even just give it as a gift.

DINNER	
Stuffed Green Peppers (6)	25 minutes
Frozen Corn Mexicali	9 minutes
Dinner Rolls (4)	30 seconds
Pineapple Upside Down Cake	8 minutes

Also hear what he has to say about our big microwave oven ranges.

They cook breakfast, lunch and dinner fast, also. **Microwave cooking... another reason why General Electric is America's #1 major appliance value.**

GENERAL ELECTRIC

DARROW M. WATT

Big, crispy *popovers to fill with butter, jam, and comb honey. Serve for brunch with hot Polish sausage, fresh fruit and fresh fruit juice*

AUGUST MENUS

The brunch is hot, but . . . mindful of the weather . . . lunch is cool, and supper's cold

August temperatures are apt to be high —and your desire to spend much time in the kitchen low.

So preparations for these meals are held at a real minimum, with the option of doing in advance any cooking that requires more than a few minutes. Yet even with these limitations, the menus are attractive enough for spontaneous entertaining.

We offer a hot brunch, a cool lunch, and a cold supper. The popovers for brunch can be baked the night before, if you like. Rice for the salad lunch can be cooked ahead, or you can use leftover rice. And the fish and eggs for the French-style cold supper must be cooked ahead to give them time to chill.

A hot brunch

Egg-rich popovers, made impressive because of their exaggerated size, are the main offering of this simple brunch.

Hot Polish Sausages **Portly Popovers**
Butter
Comb Honey **Berry Jam**
Nectarines **Extra-cool Fresh Orange Juice**

Allow 1 large Polish sausage and 1 popover for each serving. While the popovers bake there is ample time to get the rest of the meal together. (Or you can bake the popovers the night before since they reheat well.) The sausages only require heating; put them side by side in a wide frying pan with a little water. Let them simmer gently, covered, for about 10 minutes. To give the

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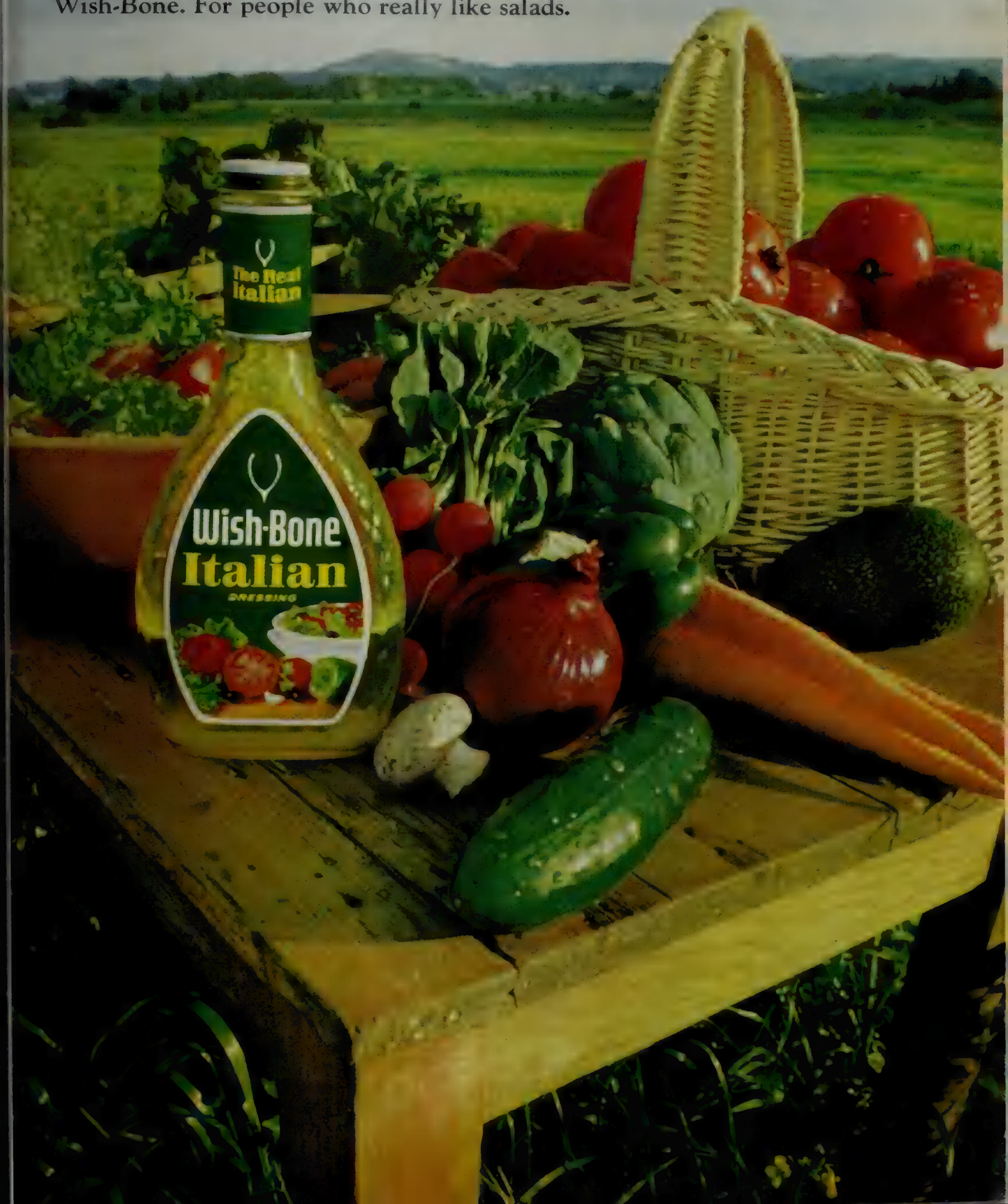

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ange juice an extra-refreshing flavor, ueeze the juice of 1 grapefruit in with e juice of each 6 to 8 oranges; if you .e the juice cold, have the fruits chilled fore you juice them. Eat nectarines t of hand, or slice and eat with honey d cream.

rtly Popovers

3 eggs
1 cup regular all-purpose flour (unsifted)
1 cup milk
¼ teaspoon salt
1 tablespoon salad oil

at the eggs, flour, milk, salt, and oil gether until smooth (or whirl until ooth in a blender). Heavily butter 5 6 custard cups (5 to 6 oz. size) and ide batter equally among the cups. t cups well apart on a baking pan and ce in a 375° oven. Bake for 55 to 60 nutes, or until popovers have puffed d are very well browned.

move popovers from the oven, and lding each cup with a hot pad, slip a n-bladed knife around the cup edge to e each popover. Serve hot; or cool on e racks and store airtight for as long 24 hours; to reheat and recrisp place povers slightly apart on a baking sheet d heat, uncovered, in a 375° oven for ninutes. Makes 5 or 6 popovers.

A cool lunch

e crunch of toasted almonds contrasts h tender grains of rice in the green ad, the only dish requiring any prep-tion for this quick meal.

Cantaloupe Crescents
Sliced Baked or Boiled Ham
Almond and Rice Salad
Camembert Cheese
Unsalted Wheat Crackers

ve the cantaloupe as an opening rse for this meal, or along with the n and salad. To serve 4 to 6 you will d 1 to 1½ cantaloupes, and 1 to 1½ nds sliced ham. Use cold leftover e, or, if you haven't any and are in a ry, fix precooked rice and spread it in a flat dish to chill quickly in the rigerator.

r dessert serve a domestic or imported nembert to spread on crackers.

nond and Rice Salad

¾ cup sliced almonds
1 cup cold cooked rice
3 tablespoons wine vinegar
6 tablespoons olive oil
1 tablespoon toasted instant minced onion
½ teaspoon salt
1 large head butter lettuce, washed, drained, and chilled

ead nuts out in a large shallow pan bake in a 350° oven, stirring occa-ally until golden, about 5 to 8 min-s. Set aside to cool. Blend rice with egar, oil, onion, and salt. Break lettuce into bite-sized pieces in a wide salad bowl. Pour the rice and dressing over the greens and sprinkle the toasted almonds on top. Mix well to serve. Makes 4 to 6 servings.

A cold supper from Provence

In the south of France a peasant dish known as aioli (pronounced eye-*oh*-lee) consists of cooked and raw vegetables and fish served with a pungent garlic mayonnaise. It can be a masterful production of hot and cold foods, or a simple light meal such as this one.

Aioli: Cold Oven-steamed Fish
Hard-cooked Eggs in Shells Radishes
Green Peppers Tomatoes
Green Onions
Aioli Sauce
French Bread Butter
Strawberries with Lemon Juice and Sugar

All the elements of the aioli can be organized well ahead, then chilled until time to assemble as a handsome platter for serving.

You might like to offer strawberries in this French way: Squeeze the juice from about ¼ of a lemon over each serving bowl filled with ¾ to 1 cup whole or sliced berries, then sprinkle with sugar to taste.

Aioli

On a wide flat platter or tray, group each of the following foods separately. Lift the cold oven-steamed fish (directions follow) from its baking pan with large spatulas to preserve its shape, and place on the platter.

Away from the fish, group 4 to 6 hard-cooked, cold eggs. Trim stems and leaves from 1 bunch (about 1 cup) radishes and add to platter. Seed 2 green peppers and cut in wide strips; slice 2 large tomatoes; trim root end from 8 green onions; and place these foods on the platter, arranging attractively. If desired, sprinkle the fish with a little minced parsley. Accompany with the bowl of aioli sauce (directions follow) to serve with each of the foods. Makes 4 to 5 servings.

Oven-steamed fish. Place 1 pound boneless fish fillets such as rock fish or lingcod (about ½-inch maximum thickness) side by side in a close fitting pan. Add 2 or 3 tablespoons water, or just enough to moisten pan bottom, and sprinkle lightly with salt. Cover pan tightly and bake fish in a 400° oven until it just flakes readily when prodded in the thickest portion with a fork. 12 to 14 minutes. Chill thoroughly in the baking pan.

Aioli sauce. Blend 1 cup mayonnaise with 2 teaspoons Dijon-style mustard and 1 teaspoon minced or mashed garlic. Cover and chill several hours to blend flavors. Makes enough for 4 to 6 servings. □

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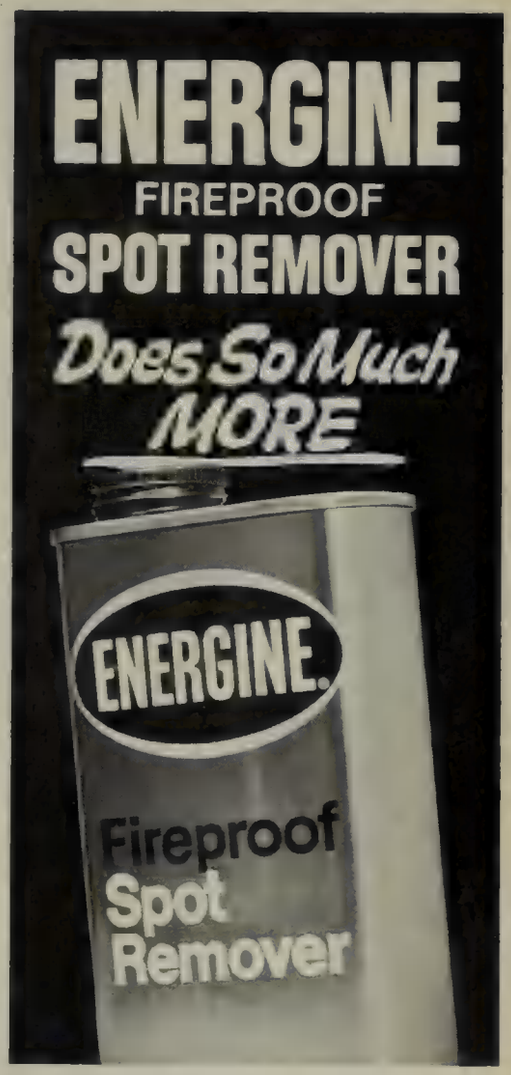

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Lemon Breeze

A breeze to make: No baking. Creamy, crunchy and cool. Here's the easy way:

¼ cup sugar
⅓ cup regular margarine or butter
½ teaspoon cinnamon (optional)
1 cup Kellogg's® Corn Flake Crumbs

* * * * * *

½ cup bottled lemon juice
1½ tsp. unflavored gelatin
2 eggs, separated
3 tablespoons sugar
1 can Borden Eagle® Brand Sweetened Condensed Milk (not evaporated milk)

1. Measure the ¼ cup sugar, margarine and cinnamon into small saucepan. Cook over medium heat until mixture begins to bubble, stirring constantly. Remove from heat. Add Corn Flake Crumbs; mix well. Reserve 2 tablespoons for topping. With back of tablespoon press Crumbs mixture evenly and firmly in bottom and around sides of 9-inch pie pan to form crust. Chill.

2. In small saucepan, combine lemon juice and gelatin. Place over low heat and stir until gelatin is dissolved; cool.

3. In mixing bowl, beat egg whites until foamy; gradually add the 3 tablespoons sugar. Beat until stiff and glossy. Set aside.

4. Beat egg yolks in mixing bowl until thick and lemon colored. Stir in Sweetened Condensed Milk and gelatin mixture. Gently fold in egg white mixture. Spread evenly in Corn Flake Crumbs crust. Sprinkle top with reserved Crumbs. Refrigerate 2 hours or until firm. Cut into wedges. Yield: 8 servings.

DARROW M. WA

Cut salmon *appetizer in thin slices. Serve on cucumber or bread*

Here's gravlax a simpler way

The best time to make the delicate sa mon appetizer Swedes call *gravlax* when you can obtain a freshly-caugh salmon. The fish, cured without heat, finest when made with the freshe salmon you can find.

We've tried various recipes for prepa ing gravlax but this is the simplest on we know. A dill-seasoned mixture c salt and sugar lightly cures and firms th salmon overnight in your refrigerator. resembles Jewish lox that you can buy.

To serve, cut in thin, slanting slices, cu ting each away from the fish skin. Serv with thinly sliced cucumber, toast, pum pernickel or rye bread, or crackers. Offe a choice of seasonings: Salt, freshl ground pepper, dill weed, chopped gree onion, fresh lemon — all enhance th mild fish. You could also offer sou cream, butter, or cream cheese. For be flavor serve within 2 or 3 days.

Appetizer Salmon (gravlax)

Rinse and wipe completely dry 1 salmo fillet about 12 to 15 inches long. Care fully cut away any small bones on edge Use tweezers to pull out any small bone from center. Place, skin-side-down, in flat-bottomed glass baking dish. Mix ½ cup *each* salt and sugar with 1 teaspoo dill seed, crushed; sprinkle on top of fis in a thick coat.

Cover dish well and place in refrigerato so the fillet's large end is elevated abou 2 inches. Marinate for about 12 hours Several times during that period, empt the pool of liquid that drains from th fish. Then scrape any remaining sal mixture off the fish. Cuts into 4 to dozen thin slices—*K. I., San Francisco.*

We put all the flavor of an old-fashioned chicken dinner right in the sauce.

Kraft Dinners:
great ideas for good cooks
on a budget.

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DARROW M. WATT

Mixed marriages . . . mango with peach, papaya with plum, pineapple-orange

The makings *for chutney. Tropical mangoes, papayas, pineapple combine with Western summer fruits—plums, peaches, oranges, lime. Spices are cinnamon sticks, cloves*

Mangoes, papayas, and pineapple make delicious chutneys. But in most of the West except Hawaii, these tropical fruits may be too costly to use alone in the quantities needed for preparing chutney. One way to stretch the flavors of the tropical fruits is to combine them with summer fruits.

Peaches, plums, and oranges accent the flavors of mangoes, papayas, and pineapple in these three sweet-sour relishes. The chutneys can be mild to fairly hot, depending on how much cayenne is used.

Mango Peach Chutney

In a Dutch oven combine 1½ cups *each* sugar and white vinegar, 1 large onion

New taste twist in barbecues

Mix it in. Spread it over. Baste with it. Just look at all the ways you can use Lipton Onion Soup Mix: as Onion Butter. Onion Barbecue Sauce. And in mouth-watering Lipton Onion Burgers. Try these easy recipes with Lipton Onion Soup Mix next time you cook outdoors. It's the new way to season for the summer.

Onion Burger

1 envelope Lipton Onion Soup Mix
2 pounds ground beef
½ cup water

Combine Lipton Onion Soup Mix with meat and water. Shape into 8 patties. Grill over charcoal, or broil.

chopped), 1 green pepper (seeded and sliced), 1 clove garlic (minced or mashed), 1 lime (thinly sliced), 1½ teaspoons ground cinnamon, ½ teaspoon *each* ground cloves and ground allspice, 1 teaspoon salt, ⅛ to ¼ teaspoon cayenne, and ½ cup raisins. Bring to a boil; reduce heat and simmer, uncovered, for about 1 hour or until thickened. Stir frequently to prevent sticking.

Peel and slice the flesh from the seeds of 3 large (about 2½ lbs.) ripe mangoes (you should have about 3½ cups fruit). Peel, pit, and slice 2 pounds peaches. Add fruit to the thickened syrup and simmer, uncovered, until fruit is tender, about 30 minutes; stir occasionally. Directions follow for processing in canning jars. Makes about 3 pints.

Papaya Plum Chutney

- 1¼ cups cider vinegar
- 1¾ cups sugar
- ½ cup golden raisins
- 2 cloves garlic, minced or mashed
- 3 tablespoons chopped crystallized ginger
- 1 cinnamon stick, about 2 inches long
- 1½ teaspons salt
- ⅛ to ¼ teaspoon cayenne
- 2 large (about 1 lb. *each*) ripe papayas
- 2 pounds firm red plums

In a Dutch oven combine the vinegar, sugar, raisins, garlic, ginger, cinnamon stick, salt, and cayenne. Bring to boiling; reduce heat and simmer, uncovered, for 1½ hours or until thickened. Stir often. Peel papayas, cut in halves, and discard seeds. Cut fruit into ½-inch squares. Quarter plums and discard pits. Add fruit to syrup and simmer until papaya is tender, about 30 minutes; stir occasionally. Discard cinnamon stick. Follow directions below for processing in canning jars. Makes about 3 pints.

Pineapple Orange Chutney

You will need 3 large oranges. With a vegetable peeler, carefully remove the thin outer peel from 1 of the oranges; cut it into thin slivers and set aside. Holding the oranges over a bowl to catch their juices, cut the peel and white membrane off all of the oranges; lift out sections and set aside.

In a Dutch oven combine 2 cups vinegar, 1 cup firmly packed brown sugar, 1 large onion (chopped), 1 clove garlic (minced or mashed), 1 teaspoon salt, ½ teaspoon *each* ground cloves and ground allspice, ⅛ to ¼ teaspoon cayenne, 1 cinnamon stick about 2 inches long, 1 cup chopped pitted dates, and ½ cup raisins. Bring to a boil; reduce heat, add orange peel, and simmer 30 minutes or until slightly thickened.

Slice ends off 1 large (about 4 lbs.) ripe pineapple; cut off rind deep enough to remove eyes. Slice pineapple lengthwise into quarters, slice off core, then cut into small cubes. Add pineapple to syrup and simmer, uncovered, 1½ hours or until mixture is quite thick. Stir in orange sections and not more than ¼ cup of the orange juice. Bring to simmering again, pack in jars, and process as directed below. Makes about 3 pints.

To preserve these chutneys, you'll need regular canning jars and lids and a kettle deep enough for jars set on a rack to be covered by 1 inch of water. Have the canning kettle half-filled with *hot,* not boiling, water. Scald lids with boiling water and have more boiling water handy. The jars should be clean and hot. Ladle boiling hot chutney into each jar to within ¼-inch of the top. Wipe jar rim with a clean, damp cloth; set on lid and screw on band. Tip jar upside down; then right side up.

As each jar is filled, set it on a rack in the kettle. When all are filled, add boiling water to cover jars with 1 inch of water. Cover kettle and turn heat to high. When water boils, start counting processing time; process 5 minutes for half-pints and pints. Lift jars from kettle and cool completely; test for a good seal. □

with Lipton® Onion Soup Mix.

Onion Butter

1 envelope Lipton Onion Soup Mix
½ pound butter or margarine

Blend Lipton Onion Soup Mix thoroughly with softened butter or margarine. Makes about 1¼ cups. Store covered in refrigerator.

Try Onion Butter spread on hot cooked ears of corn. Or butter uncooked corn and wrap in foil for roasting over hot coals or in 400° oven 20 minutes.

Try these, too: sliced French or Italian Bread spread with Onion Butter, wrapped in foil, and heated 15-20 minutes. Onion-Buttered baked potatoes, noodles or vegetables. Onion-Buttered minute steaks or hamburgers.

Onion Barbecue Sauce

1 envelope Lipton Onion Soup Mix
1 cup chili sauce
½ cup firmly packed dark brown sugar
¼ cup lemon juice
1 tablespoon prepared mustard
1½ cups water

In medium saucepan, combine Lipton Onion Soup Mix, chili sauce, brown sugar, lemon juice, mustard and water. Bring to boil and simmer, uncovered, 20 minutes. Makes about 2½ cups sauce.

Use as a basting sauce for barbecuing chicken, steaks, chops, kabobs, hamburgers, spareribs or frankfurters.

Something special about Kraft 100% Grated Parmesan makes it the ideal seasoning cheese. It's aged a full 14 months, then grated into large flecks that even look fuller and more flavorful. Here's how it flavors seafood:

1 lb. skinned fish fillets
1 cup chopped onion
1 clove garlic, minced
¼ cup margarine
2 cups chopped tomato
2 cans condensed beef broth
½ cup sherry
4 lemon slices
2 tsp. salt
3 whole allspice
1 bay leaf
1 lb. deveined shrimp
1 dozen clams
Kraft Grated Parmesan Cheese

Cut fish fillets into large pieces. Sauté onion and garlic in margarine. Add tomato, broth, sherry, lemon and seasonings; simmer uncovered 30 minutes. Add fish, shrimp and clams; simmer 15 to 20 minutes or until clams open. Top with Kraft Grated Parmesan. 4 to 6 servings.

KRAFT Division of Kraft Corporation

NORMAN A. PLATZ

Ice water *hardens hot syrup, encasing berry in thin candy glaze*

Into ice water, then you bite

Crisp candy coating shatters in your mouth when you bite into these fruit tidbits. There's a delightful contrast between crunchy glaze and soft, juicy fruit.

The following recipe is inspired by a traditional Chinese delicacy in which fruits—usually apple or banana slices—are fried, dipped in syrup, and rushed to the table. Diners then use chopsticks to pick up the hot fruit and dip it in ice water to harden the coat.

A fondue pot greatly simplifies this process and allows guests to participate in the cooking. Supply bamboo skewers for dipping fruit in the syrup and a bowl (or individual bowls) of ice water.

Prepare a selection of fruits in advance, such as hulled strawberries, blackberries, seedless grapes, and orange slices (leave membrane on and cut each in half). All should be clean, dry, and well chilled.

Just before serving, boil the syrup in a deep saucepan. Pour it into the fondue pot and adjust the heat to keep the syrup barely simmering. You may need to turn off the heat occasionally during cooking to keep the syrup from boiling and caramelizing. If it cools and becomes too thick, reheat it to simmering.

Candied Fruit Fondue Syrup

Combine ½ cup light corn syrup, ¾ cup water, 2 cups sugar, and 1 tablespoon sesame seed in a deep saucepan (at least 2½ quarts) and cook over high heat, stirring until sugar is dissolved. Boil rapidly until temperature reaches 300° on a candy thermometer (when syrup dropped into very cold water separates into hard, brittle threads). Serve immediately. Makes enough for about 30 pieces of fruit. □

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Crisscrossed ribs on the barbecue

Korean cooks often select beef short ribs for barbecuing because they develop such a rich flavor. They're not the easiest cut to barbecue well, but the method of cutting the ribs shown in the picture at right helps insure even cooking and juicy, tender meat.

Cut *crisscross through the short ribs for even cooking*

DARROW M. WAT

Choosing meaty short ribs with the fat evenly distributed throughout the lean is important; those with obvious fat layers are less successful for barbecuing. You need to cook them over a low fire and it may be necessary to devise a way to elevate your grill to the suggested 7 or 8 inches.

Marinated Korean Short Ribs

- 4 pounds lean beef short ribs
- 3 tablespoons soy sauce
- ½ cup dry red wine
- 2 tablespoons brown sugar
- 3 green onions, chopped
- 2 cloves garlic, minced or mashed
- 3 slices fresh ginger root, each about ½ by 1 inch and ⅛ inch thick
- ¼ cup salad oil
- 1 tablespoon toasted sesame seed

Have your meatman cut short ribs through bone into about 2½-inch lengths. At home, cut meat as follows: With bone side down, cut each rib through meat halfway to the bone at ½-inch intervals; repeat cuts at right angles to first cuts but make these cuts only ½-inch deep.

In a bowl mix the soy sauce, wine, brown sugar, green onions, garlic, ginger root, salad oil, and sesame seed. If desired, apply regular (not instant) tenderizer to ribs according to package directions; immediately put ribs into marinade, with cut side down, and let stand covered, for about 2 hours (marinate only for 1 hour if using tenderizer).

Meanwhile, adjust barbecue so that meat will grill 7 to 8 inches above coals and prepare fire with about 30 briquets. When glowing coals form, spread them in an even layer large enough to accommodate ribs. Place ribs on grill, with bone side down. Turn ribs frequently and baste with marinade until well browned on all sides, about 30 minutes; meat should be faint pink inside (cut a gash next to bone to check). Makes servings.—*L. P., Honolulu.*

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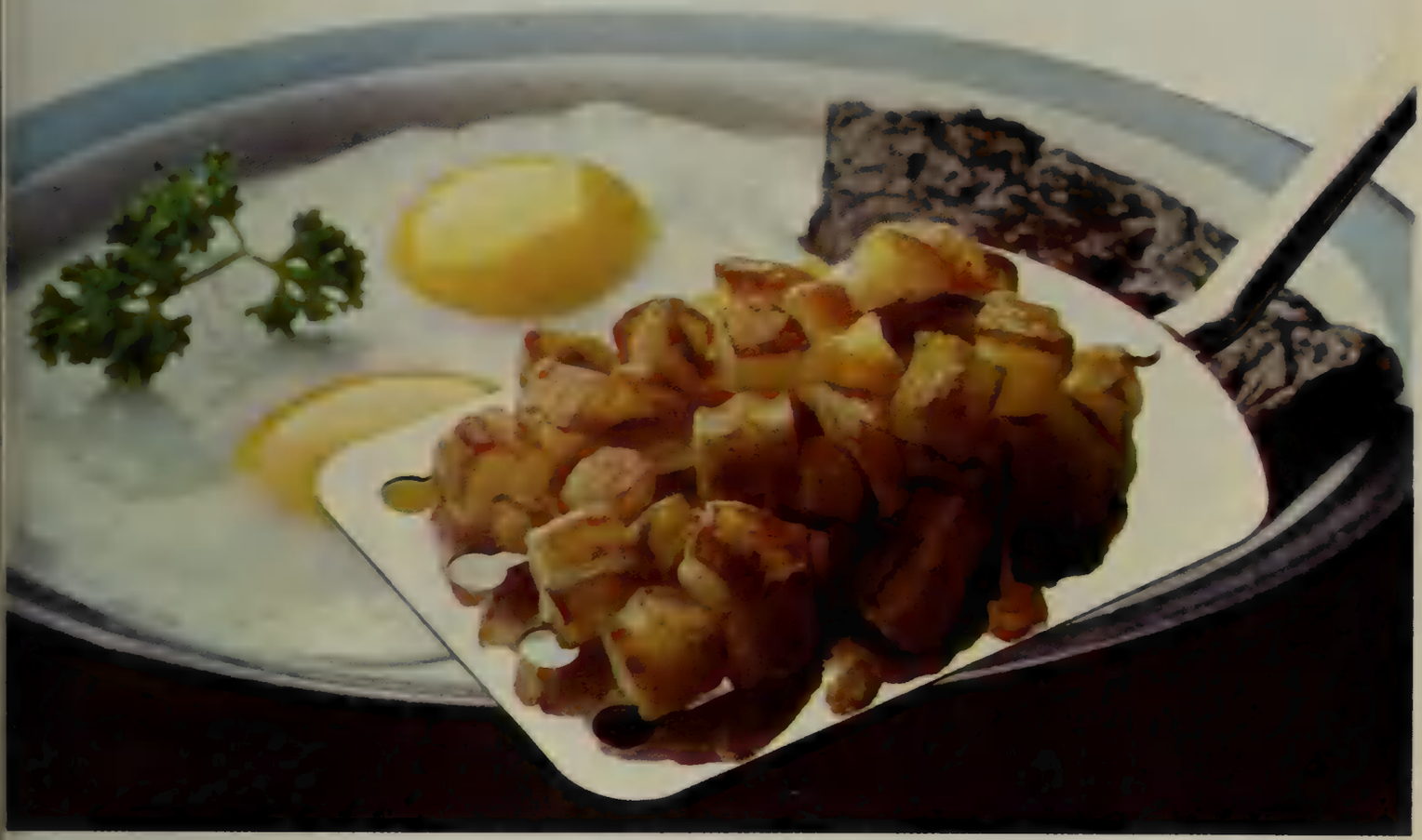
What are sho'nuff southern style hash browns doin'way up north in Boise?



Why, they're fixin' to spread the joys of southern cooking all across this country.

Up here around Boise, Idaho, we grow just about the finest eating potatoes you'll find anywhere.

When we make our Southern Style Hash Browns, we take the very best potatoes, good and firm and solid, and cut them up into nice, neat nuggets. Chunky enough to sink your teeth into. But small enough so when you pop them in your skillet, each bite cooks up crisp and brown and even.

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Right alongside in the cabinet, you'll see our Ore-Ida Shredded Hash Browns. They cook fast. Soon as they're crisp outside, they're tender and piping hot inside.

With either style hash browns, try eggs over easy with a small sizzling steak. Or pork chops. Or a slice of ham.

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Good eatin' from Boise.

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Zucchini Rice with Sausage

1 pound sausage, bulk or link*
1½ cups Minute® Rice
1½ pounds zucchini squash, sliced
½ cup thinly sliced onions
1 can (16 oz.) stewed tomatoes
1 cup hot water
1 teaspoon prepared mustard
1 teaspoon garlic salt
Dash of pepper
1 cup grated sharp Cheddar cheese
*(or use 1 pound ground beef)

In large skillet, brown sausage. Push to one side and remove all but 2 tablespoons of fat. Add rice, zucchini and onion. Cook and stir until slightly browned. Stir in tomatoes, water, mustard, garlic salt, and pepper. Bring to a boil, cover and simmer 5 minutes. Stir in cheese. Heat just to melt cheese. Makes 4 servings.

Minute® Rice is a registered trademark of the General Foods Corporation

DARROW M. WATT

queeze lemon *on crab salad sandwich; rve with muffin half, pickles*

Crab sandwiches — one hot, one cold

pen-faced sandwiches can be quickly it together from a can of crab meat. ere are a hot and a cold version, both ith crab mixtures on top of toasted nglish muffins. Either makes a satisfy- g lunch or supper entrée.

rab Patty Sandwiches

a bowl beat 1 egg slightly. Stir in ¼ ip mayonnaise, 1 tablespoon fine dry ead crumbs or matzo meal, and ⅛ tea- oon liquid hot pepper seasoning. Drain can (about 8 oz.) crab meat; stir into g mixture. Chill for about 1 hour.

eat 2 tablespoons butter or margarine a frying pan over medium heat. Spoon crab mixture in 4 equal mounds. Cook itil golden brown on each side, 6 to 8 inutes total. Split, butter, and toast 2 nglish muffins; top each half with crisp tuce leaves and a crab patty. Serve th lemon wedges. Makes 4 servings.— *D., Santa Monica, Calif.*

ab Salad Sandwich

rain 1 can (about 8 oz.) crab meat; set ide 4 small pieces of the leg meat for rnish. Combine remaining crab meat, cup chopped canned water chestnuts rained), 3 tablespoons minced green ion (including some of the green tops), tablespoon lemon juice, ¼ cup may- naise, and ⅛ teaspoon liquid hot pper seasoning; mix well.

lit, toast, and butter 4 English muffins. range crisp lettuce leaves on 4 of the iffin halves; distribute crab mixture enly over lettuce and garnish each th a reserved crab leg. Serve each idwich with an additional muffin half d lemon wedges. Serves 4.—*C. K., s Gatos, Calif.* □

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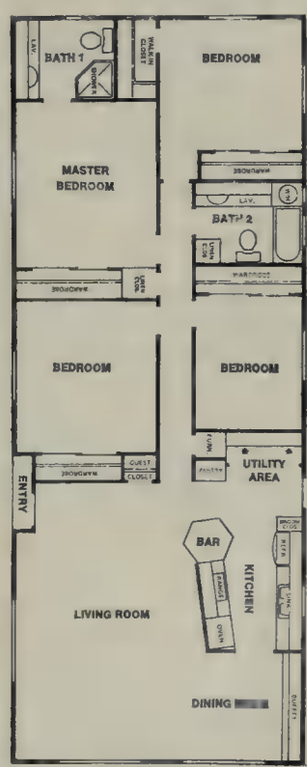

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DARROW M. WATT

Cut kernels *from briefly cooked corn; spread in a shallow pan, and the sun does the rest, usually in 6 to 8 hours*

How to sun-dry or oven-dry fresh corn . . . and delicious things to do with it later

When blessed with an abundance of fresh sweet corn, our Western forerunners often dried the golden kernels in the hot summer sun for use in the winter.

The method is still a practical way to preserve corn. But you can obtain similar results in an oven if cloudy weather threatens to prolong or postpone the sun-drying process. Once the corn is thoroughly dry, it keeps well in a covered container up to six months. Then you can transform the hard kernels into chewy nuggets to serve as a vegetable or to use in a soup or pudding.

To sun-dry corn. Remove husks and silk from corn—3 or 4 large ears to fill each drying pan. Drop corn in a large pot of boiling, salted water. When water returns to a boil, cook just until the milk in the kernels is set when pierced (about 5 minutes). Lift corn from water. When cool, cut corn off the cob leaving the tough kernel bases attached to the cob; you should get about 2 cups.

Spread cut corn in a shallow pan about 10 by 15 inches. Cover with a single thickness of cheesecloth. Place the pan in direct sunlight until the kernels are thoroughly dry to the touch, about 6 to 8 hours. (If they don't finish drying the first day, bring indoors at night and return to the sun the next morning.) Store at room temperature in clean, covered jars. Yields about ¾ cup dried corn.

To oven-dry corn. Prepare corn and spread in a pan as directed for sun-dried corn. Place uncovered pan of corn in oven set at the lowest temperature setting—150° to 175°. Heat until kernels are thoroughly dry to the touch; it takes about 4 hours. Stir several times to assure even drying.

Before you cook dried corn for any of the recipes that follow, the kernels should be rinsed clean in hot tap water and covered with a hot liquid such as water, broth, or milk; then soak them.

To serve plain, rinse corn, place in a saucepan, cover with hottest tap water; soak at least 6 hours or overnight. Without draining, cover pan, bring to a boil, reduce heat, and simmer corn until tender when tasted (about 45 minutes), adding a little water if needed. Drain and season to taste with butter, salt, and pepper.

You can also use dried corn in these recipes for corn soup and corn pudding.

Dried Corn Chowder

- 1 can (about 14 oz.) regular strength chicken broth
- ¾ cup dried corn, rinsed
- 4 slices bacon
- 1 medium-sized onion, finely chopped
- 2 cups light cream (half and half)
- 1 teaspoon sugar
- Salt and pepper

In a large saucepan bring chicken broth to boiling, stir in corn, cover and set aside for 2 hours. Bring broth and corn to simmering; cover and simmer until corn is tender, about 45 minutes.

Meanwhile cook bacon in a frying pan over medium heat until crisp; remove from pan, drain, and crumble. Discard all but 2 tablespoons drippings; add onion, and sauté until limp, about 10 minutes. Stir bacon, onion, cream, and sugar into broth; season to taste with salt and pepper. Heat through. Serves 4.

Dried Corn Pudding

- 1 pint light cream (half and half)
- ¾ cup dried corn, rinsed and chopped
- 3 eggs, slightly beaten
- 2 tablespoons melted butter or margarine
- 2 tablespoons chopped green onion
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 teaspoons sugar
- ⅛ teaspoon ground nutmeg

In a saucepan heat cream to scalding, remove from heat, stir in corn, cover and soak about 4 hours. Combine eggs, butter, onion, salt, pepper, sugar, and nutmeg; stir into corn. Pour into a greased, shallow, 1-quart casserole. Bake uncovered in a 300° oven for 35 minutes, or until pudding is set in center when gently shaken. Serves 4 to 6.

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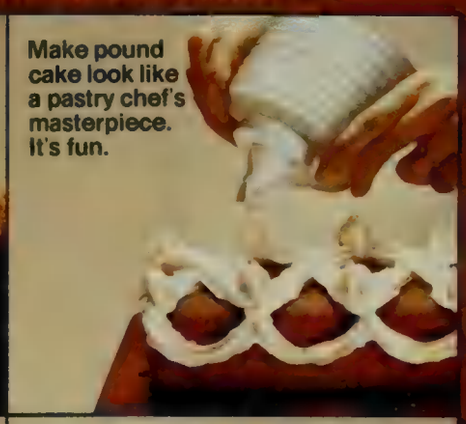
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DARROW M. WATT

You take *a lettuce leaf, put it on your plate, spoon marinated artichokes and tomatoes on top. Accompany with cheese, sliced tongue, bread sticks*

Antipasto on a platter . . . it makes a complete summer meal

The Italians serve antipasto platters of pickled and spiced vegetables, meats, fish, and cheese as a first course to stimulate appetites for the courses that follow. But if you serve the platters on a larger scale, the antipasto becomes a meal by itself, one admirably suited to a leisurely summer occasion.

These three platter meals inspired by antipasto combine meat or canned fish, cheese, and bread purchased at a supermarket with marinated vegetables that you assemble at home.

Antipasto Tongue Luncheon Platter

Keeping them separate, arrange the following on a large-rimmed platter or tray: washed and drained romaine lettuce leaves (about 1 small head); a bowl of marinated artichokes and tomatoes (recipe follows); ¾ pound thinly sliced smoked beef tongue *or* sliced or chunk dry salami; ½ pound or larger hunk of cheese such as fontina, tybo, or jack; a pot of butter; and a cluster of bread sticks. To eat, place lettuce leaf on plate and spoon marinated vegetables onto lettuce; accompany with slices of meat and cheese and buttered bread sticks. Makes 4 or 5 servings.

Marinated artichokes and tomatoes. Drain 2 jars (6 oz. *each*) marinated artichoke hearts, reserving 2 tablespoons of the marinade. In a bowl combine the artichoke hearts and 1 cup halved cherry tomatoes. In a jar combine the 2 tablespoons reserved marinade, 2 tablespoons white wine vinegar, and ¼ teaspoon salt. Cover, shake to mix, and stir into vegetables. Serve at room temperature. Makes about 2 cups.

Tuna and Zucchini Antipasto Platter

At one end of a large platter or tray, turn out 1 can (7 oz.) tuna packed in water (drained) on 2 or 3 butter lettuce leaves. Open 1 can (2 oz.) anchovies rolled around capers, lift out rolls, and arrange around tuna. Then group the following elements alongside: ¾ cup canned pickled sweet cherry peppers (drained); a bowl of zucchini relish (recipe follows); a bowl containing about ¾ cup freshly grated Parmesan cheese; a loaf of sliced buffet-style French bread; and a pot of butter.

To eat, spoon tuna and anchovies on a plate, then spoon zucchini relish over fish, and sprinkle with cheese; accompany with buttered French bread and sweet peppers, or make small open-faced sandwiches to eat with knife and fork. Makes 3 or 4 servings. — *H. N., San Francisco.*

Zucchini relish. In a frying pan over medium heat, sauté 1 small onion (chopped) and 1 clove garlic (minced or mashed) in ¼ cup olive oil until limp. Add ¼ pound mushrooms (sliced) and cook, stirring, until liquid is evaporated. Add 2 medium-sized zucchini (sliced) and 1 carrot (thinly sliced) and 3 tablespoons water; cover pan tightly and cook over high heat until vegetables are tender, about 4 minutes. Stir occasionally. Remove pan from heat and stir in 3 tablespoons lemon juice, ½ teaspoon *each* dry mustard and basil leaves, and 1 teaspoon capers. Cool to room temperature. Makes about 1¾ cups.

Antipasto Sardine Platter

On a large rimmed platter, arrange the following: 1 small loaf thin-sliced French bread; a pot of butter; ½ pound hunk teleme or Bel Paese cheese; 2 cans (3 oz. *each*) sardines packed in oil; 2 hard-cooked eggs (sliced); and a bowl of Sicilian olives (recipe follows). To eat, make open-faced sandwiches of buttered French bread topped with slices of cheese, sardines, egg slices, and olives. Makes 3 or 4 servings.

Sicilian olives. Drain 1 can (about 6 oz.) medium or large green ripe olives. Pinch olives between your fingers to crack; place olives, ¼ cup diced celery, and ½ small red onion (thinly sliced and separated into rings) in a bowl. In a jar combine 2 tablespoons *each* olive oil and white vinegar, ¼ teaspoon *each* basil leaves and oregano leaves, ⅛ teaspoon salt, and dash pepper; cover jar and shake to mix. Stir dressing into vegetables. Serve at room temperature. Makes about 2 cups.—*L. R., San Juan Capistrano.*

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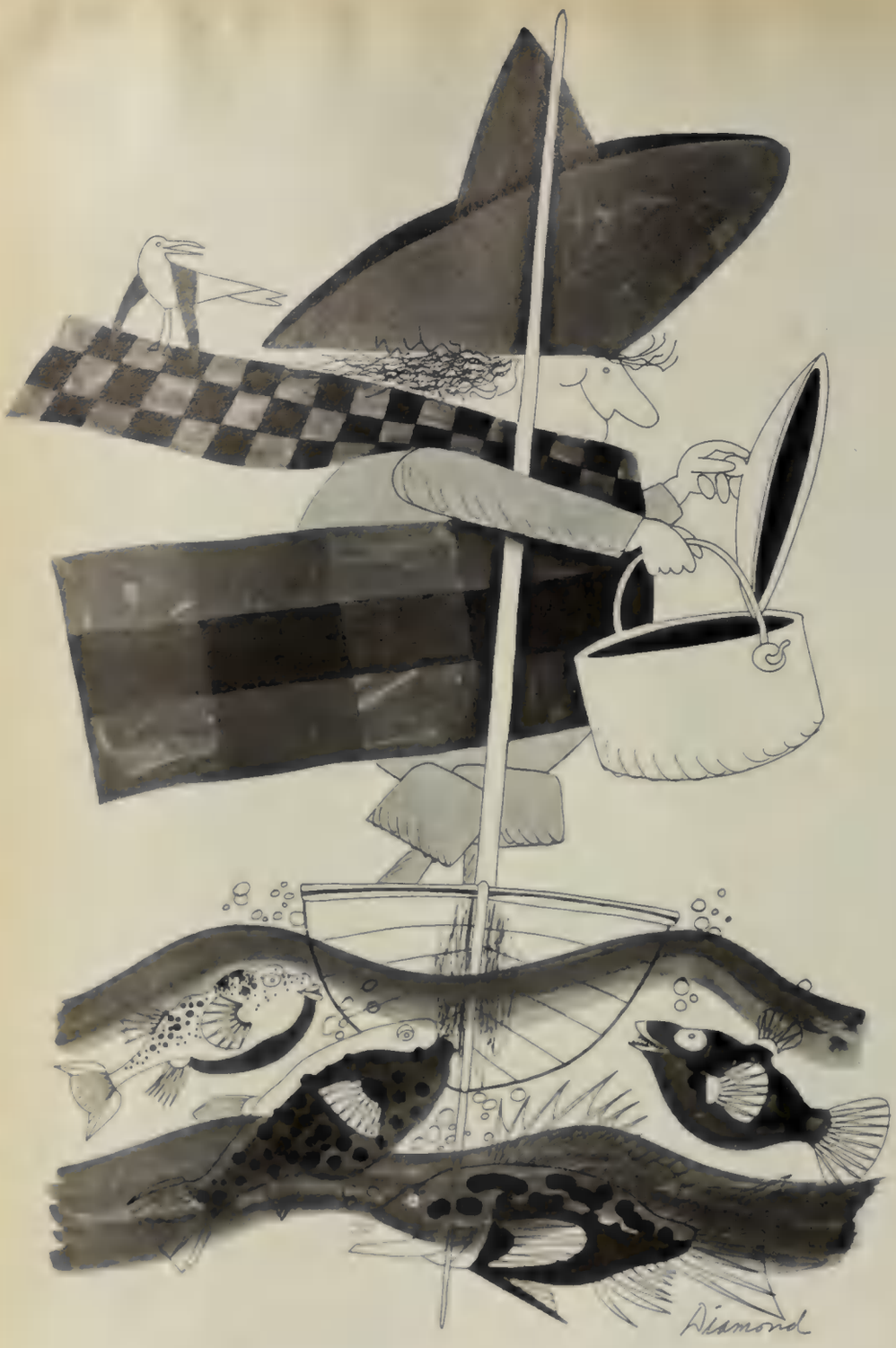

"When I lift the cover . . . the aroma brings them running"

In a world with not much left for heroic types to do in the way of conquering, at least the sea still retains its spark of grandeur. If Francis Drake and Teach the pirate are gone, we still have Jacques Cousteau and the crew of his *Calypso*, Thor Heyerdahl and the *Ra II*, Sir Francis Chichester and the *Gipsy Moth*.

And if even at sea, the whales diminish and the reefs are dying, it's good to know that the sharks have not yet lost their teeth.

Captain Allan Douglas is a man of the sea, one of a number of sailors among the *Chefs of the West*. And this is as it should be, since the *Chefs* dream heroically with the best of them and then do what their dreams suggest.

Captain Douglas gives us fish potpourri, and says of it. "When I lift the cover from the Dutch oven, the aroma brings them running to the galley table."

Amortajada Fish Potpourri

- 2 pounds rock fish fillets (often called rock cod, sea bass, or red snapper)
- ½ cup prepared pancake mix
- About 2 tablespoons salad oil
- 2 medium-sized onions, sliced
- 2 green peppers, seeded and cut in rings
- 2 stalks celery, thinly sliced
- 3 tomatoes, peeled and cut in quarters
- 1 clove garlic, minced or mashed
- 1 teaspoon salt
- Dash pepper
- 3 cans (8 oz. *each*) tomato sauce
- 2 tablespoons lime juice
- ⅛ teaspoon liquid hot pepper seasoning

Shake fish a few fillets at a time in a bag with the pancake mix; shake off excess. Heat 2 tablespoons oil in a Dutch oven over medium heat; put in as many fillets at a time as fit without crowding and sauté until browned on both sides. Set aside; add oil as needed to brown remaining fillets. When all fish is brown, return to pan and arrange onion, green pepper, celery, tomatoes, and garlic over the top. Sprinkle with salt and pepper, and pour over tomato sauce, lime juice, and hot pepper seasoning. Cover and simmer over very low heat 20 to 30 minutes, or until fish flakes easily. Makes about 8 servings.

Capt. Allan Douglas

Crestline, Calif.

There's an old story about a fellow who was accidentally invited to a banquet for gourmets. He arrived hungry and got hungrier still while waiting for dinner to be served. At last it came—a roasted peacock dressed in its own feathers, its eyes and beak replaced by confections. The gourmets sat back to marvel at the dish. Impatiently, the ravenous outsider blurted, "What are we waiting for? I admit it looks funny, but it's probably food. Let's eat it before it eats us."

He would appreciate *Chef* Herb Goldstein's recipe for artichoke hearts.

Artichoke Hearts Italiano

- 1 package (8 oz.) frozen artichoke hearts
- About 3 ounces jack cheese, sliced
- ⅛ teaspoon *each* salt, pepper, and oregano leaves
- 1 can (about 7¾ oz.) marinara sauce

Cook artichoke hearts according to package directions. When tender, drain

Chefs of the West®

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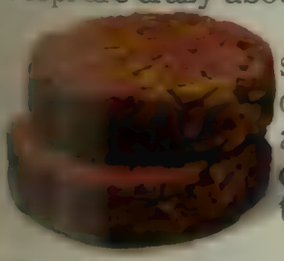

And strange as it may sound, we've found a lot of dogs who are just as crazy about having cheese along with their burger.

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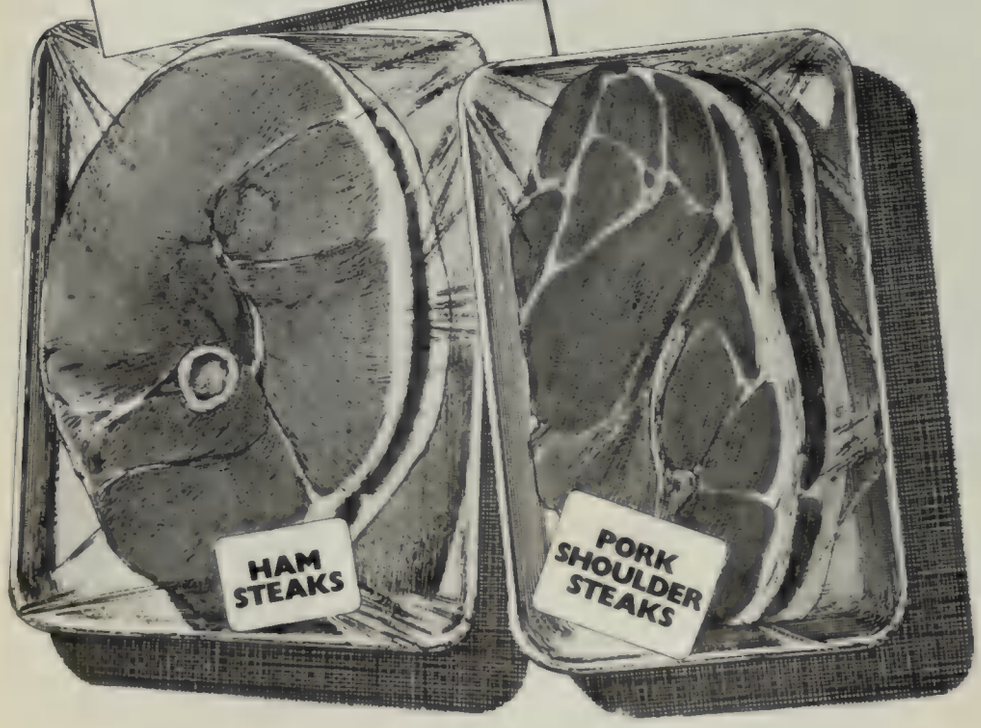

And the taste? Well, let's just say it's even better than the price.

Both pork shoulder steaks and fresh or smoked ham steaks are great for grilling in the backyard. Or, if it rains, right on the kitchen range.

Yet there's more to pork steaks than taste and versatility. Especially since today's pork is leaner for more nutrition.

For instance, it has 36% fewer calories, 22% more protein and 57% less fat than food composition tables once indicated. (These referred to uncooked cuts from yesteryear's not-so-lean porker.)

Now a 3-1/2 oz. serving contains only 240 calories (less than a comparable serving of ground chuck), yet will supply one meal's necessary protein. Today's pork is more digestible than other meats, too.

Pork also contains three times as much thiamine (nerve food) as any other meat and is one of the richest sources of B vitamins.

Plus the minerals and iron found in pork help maintain red blood and prevent anemia.

Get a jump on the neighbors by featuring pork steaks at your next cookout (or cook-in). If the difference in price doesn't sell you, the difference in taste will.

HAM STEAK RECIPE

[illegible] ready-to-eat ham slice, cut [illegible] Allow about 1/2 lb. per person [illegible] about 1/2" apart. Barbecue [illegible] briquets about 8 minutes [illegible] once. Brush top with tangy [illegible] during the last 5 minutes of barbecuing. [illegible] **pineapple glaze**—Combine 1/2 cup thawed [illegible] pineapple juice concentrate, 3 tables[illegible] wine vinegar, 1/4 cup water, [illegible] and [illegible] teaspoon ginger in a [illegible] pan. He[illegible] stir [illegible] sugar [illegible]olves

PORK SHOULDER STEAK RECIPE

[illegible] pork steaks, 1-inch thick	1/2 cup catsup
3 tablespoons Worcestershire sauce	1-1/2 cups vinegar
1/3 bottle A-1 Sauce	1 teaspoon salt
	1/2 stick butter

Combine sauce ingredients in a saucepan and allow to simmer for 15 to 20 minutes. Cook pork steaks over hot coals for 20 to 25 minutes, turning every 7 minutes. Serve sauce with steaks. Serves [illegible]

National Pork Producers Council
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well and place in a shallow 1-quart baking dish. Arrange cheese slices on top, sprinkle with salt, pepper, and oregano, and pour the sauce over the top. Bake, uncovered, at 350° until sauce bubbles, 15 to 20 minutes. Serve immediately. Makes 3 to 4 servings.

Oakland

Dried beans can bear up under treatment that destroys most other edibles. You can cook them to a pulp. The Mexicans know this, and have given refried beans to the world. H. W. Millay knows it, and gives us his smoke-barbecued pinto beans.

Mr. Millay says: "The recipe is tops for a group of a dozen or more. I've prepared it for 60. Vary it as you like. The following is a good sturdy base."

Smoke-barbecued Pinto Beans

- 2 pounds pinto beans
- About 2½ quarts water
- 1 pound slab bacon without rind, or thick-sliced bacon
- 3 medium-sized onions, sliced
- 2 cans (about 14 oz. *each*) Italian-style pear-shaped tomatoes
- About 2 teaspoons salt
- About ½ teaspoon pepper
- 2 tablespoons chile powder
- 1 teaspoon oregano leaves
- 2 tablespoons dry mustard
- ⅛ teaspoon cumin seed
- 3 tablespoons water
- 1 cup dark molasses

Wash beans thoroughly and place in large kettle with 2½ quarts water. Soak overnight. The next day, add water if necessary to cover beans and bring them to a boil.

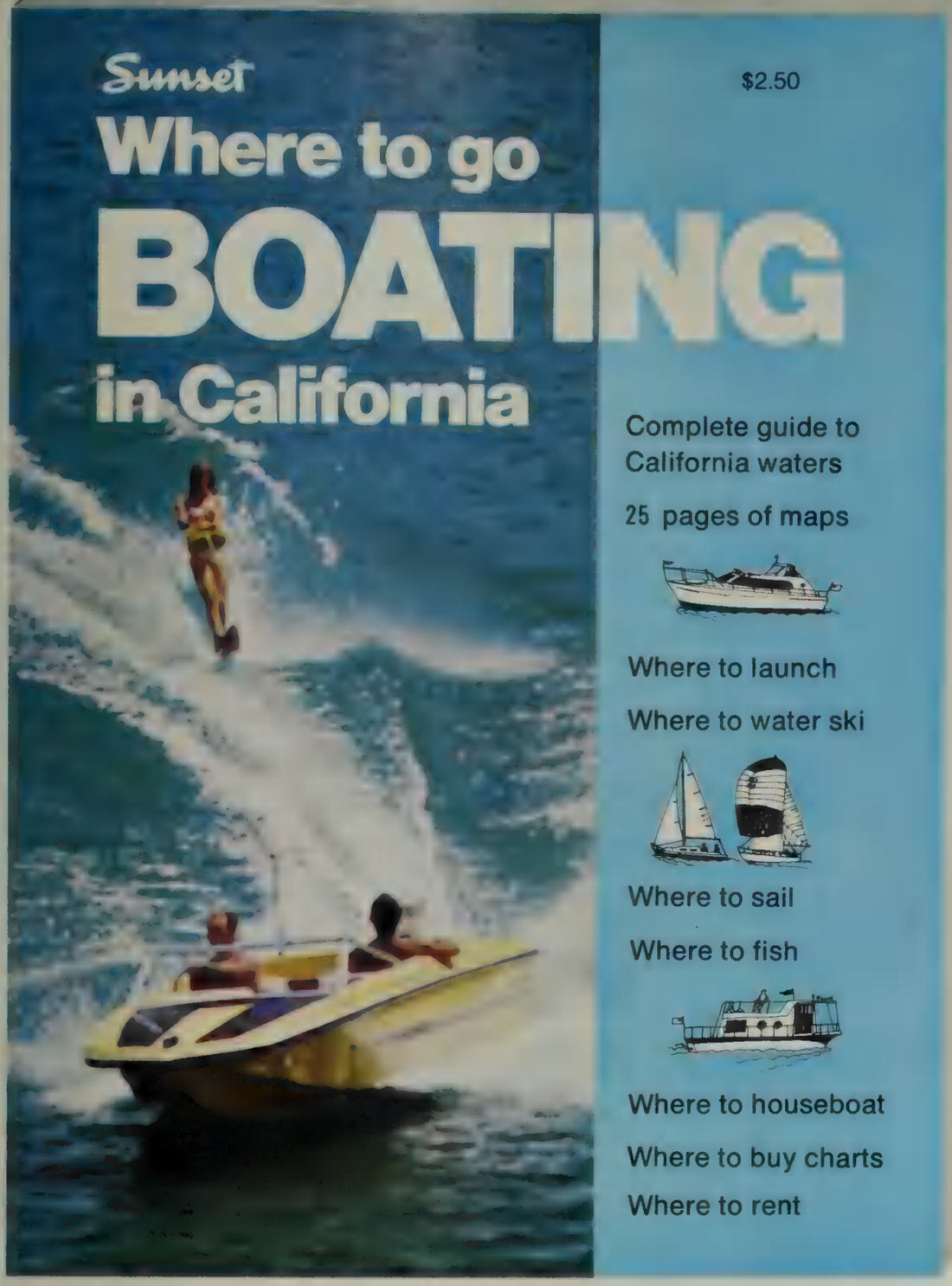
Meanwhile, cut bacon slab into ¾-inch cubes and add to beans together with onions and tomatoes. Cover and simmer until beans are tender, about 2 hours.

Mix 2 teaspoons salt, ½ teaspoon pepper, chile powder, oregano, mustard, and cumin, and slowly add the 3 tablespoons water to spices to make a thin paste. Stir this into the beans with the molasses; pour mixture into a large deep roasting pan or other pan that holds at least 6 quarts.

If you have a smoker or smoke oven, follow manufacturer's directions for smoking. Place the beans, uncovered, in the smoker and cook at about 300° for about 2 hours.

If you use a covered barbecue, arrange a small number of glowing coals about 6 inches beneath the grill on each side or in a circle around where the beans will sit. Sprinkle charcoal with hickory chips, and place beans, uncovered, in the center of the grill.

Cover barbecue, adjust the temperature-control dampers to maintain low glowing coals and smoke-cook for about 2 hours. Add some more charcoal and hickory



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Easy Summer Supper

A cool main course salad you make in minutes using SPAM, B in B Mushrooms, Kellogg's Croutettes, and dressing made with ReaLemon Reconstituted Lemon Juice.

2 quarts salad greens, torn into bite-size pieces (or medium-size head lettuce)
2 cups KELLOGG'S® CROUTETTES® Stuffing Herb Seasoned Croutons
2 (3-oz.) cans B in B® CHOPPED MUSHROOMS
3 tomatoes, peeled and cut in wedges
1 (12-oz.) can SPAM®, cut in julienne strips

EASY SUMMER DRESSING

1 cup salad or olive oil
½ cup REALEMON® Reconstituted Lemon Juice
1 clove garlic, pressed
2 teaspoons Italian seasoning
¼ cup butter broth from mushrooms

Place greens in large salad bowl. Add B in B Mushrooms, tomato wedges, SPAM strips and Croutettes. Combine oil, ReaLemon Reconstituted Lemon Juice, garlic, butter broth and Italian seasoning in a jar. Salt and pepper to taste. Cover jar and shake well. Makes 1¾ cups dressing. Pour over salad; toss lightly. Serve immediately in chilled salad bowls. **Yield: 4 to 6 servings**

chips as needed to produce a generous amount of smoke; stir beans about every 30 minutes.

Or place the beans, uncovered, in a 300° oven for 2 hours. Season to taste with salt and pepper. Makes about 4 quarts.

Portland

"Only the best is good enough for salmon"

The following correspondence reached chief *Chef of the West* Gordon Goodwin, via Coupeville, Washington, and the Isle of Capri:

Miss Gracie Fields
The Isle of Capri

Dear Miss Fields:

Sunset's book Cooking Bold and Fearless *contains two recipes titled Real Yorkshire Parkin, and Old English Yorkshire Hot Pot.*

The first recipe, I feel sure, was from the Little Cook Book, *sold in aid of a sale for St. Mary's Church, Wardleworth, in October of 1934. The second with its Tabasco, bay leaf, etc. would never have been found on any baking day in any house on Cronkeyshaw when I was a lad.*

To counter this Yorkshire bragging, I have felt that a good Lancashire recipe was needed. Since I retired from the practice of medicine to mingle with the salmon fishermen of the Pacific Northwest, I have never met anyone who did anything other than bake, broil, or fry fresh salmon until I told them how to make fish and chips. I use the batter I knew in my Auntie Ashton's chip shop at the bottom of Whitworth Road, thus fashioning an honorable link between the nostalgia of my childhood and the present day. Could you find it in your heart, Miss Fields, to certify the authenticity of that link by giving me permission to christen the recipe Fish and Chips Gracie Fields?

Yours anxiously,
Cecil Riggall, M.D.

Cecil Riggall
Coupeville, Washington

Dear Cecil Riggall:

You certainly have my permission. I could just fancy a nice plate of Fish and Chips Gracie Fields. I was born in a chip shop. Good luck to you.

Gracie

The Editor, Sunset Magazine
Menlo Park, California

Sir:

Only the best is good enough for Pacific Salmon. In the following recipe the name tells all, for there is only one Our Gracie, who, in collaboration with Churchill, and by using the biggest bloody aspidistra in the world as her non-secret weapon, helped to speed the termination of World War II. In so doing she became the sweetheart of the entire British Army, even though in her heart she was pledged to her home town regiment, the Sixth Lancashire Fusiliers. I give you:

Fish and Chips Gracie Fields

Use about 2½ pounds fresh salmon fillets cut in 2-inch squares the full thickness of the fillet. Cut off any skin. Heat about 2 inches salad oil in a deep fat fryer to 375°.

Prepare a batter using 1 cup regular all-purpose flour (unsifted), 2 teaspoons baking powder, ¼ teaspoon salt, and 1 cup water; mix until smooth. Dip salmon squares in the batter, drain briefly and fry 3 or 4 pieces at a time until golden and crisp, 3 to 5 minutes. Drain and place in a warm oven.

When fish is fried, cook 3 to 4 cups frozen French-fried potatoes in the oil as directed on the package. Serve as you cook. Makes about 4 servings, 4 or 5 squares each.

I confess I cannot resist a bit of extra salt and a dash of vinegar with my fish. That is because when I was a kid, I was privileged to eat fish and chips off a section of the local newspaper with fingers for utensils and the clattering of clogs on the flagstones for background music. The vinegar seems to bring back the bouquet of newsprint, in my case the *Rochdale Observer*.

Coupeville, Wash.

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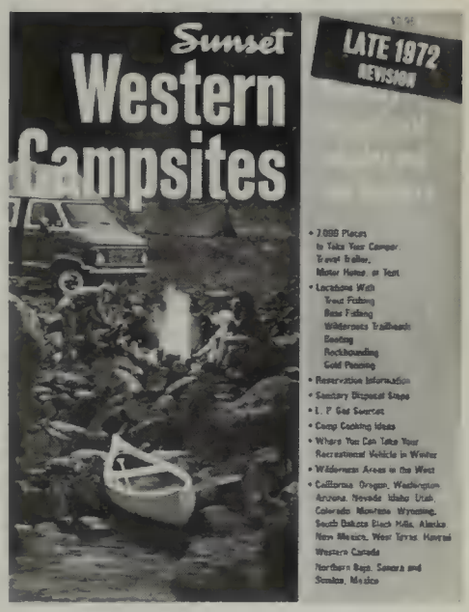
If you were one of the early buyers of the 1972 SUNSET *Western Campsite Directory*, we want to call your attention to our new revised edition, just off press. We will send a copy to you without charge, if you will follow the instructions below.



New edition can be distinguished by the "Late 1972 Revision" in the upper right-hand corner.

Due to an errant computer program, the early '72 edition carried incorrect details in listings for some of the campgrounds in U.S. National Forests. (Primarily "boat ramps," "firewood," and in a few cases, time limits.)

If you have purchased it, please tear off the upper half of the cover and send it with your name and address to:

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Sunset's GARDEN GUIDE

DON NORMA

Everything from zinnias to corn

August is the month to harvest corn and to cut flowers in this combination vegetable-flower garden. Blooming in the foreground are (from left) Vinca rosea, celosia, and zinnias. Everything was planted from seeds in the middle of May

AUGUST IN YOUR GARDEN:

It's time to enjoy, take stock, and make plans

You can really enjoy the bounty of your early efforts when vegetables ripen and summer flowers come into full bloom this month.

The hot days of August restrict garden work mostly to watering and keeping things neat. Toward the end of the month, however, you can take the first steps toward fall planting.

Now, when your garden may be in full glory, is a good time to assess how well your efforts have paid off. Make note of which flowers and vegetables are doing well and which ones poorly. Next spring you can plant different ones to replace the bad performers.

When to pick pears

Most kinds of fruit ripen best if left on the tree. Pears are an exception. They'll taste better if you pick them before fully ripe and let them finish ripening indoors. Summer pears like 'Bartlett' are usually ready for picking in August.

A change in color from green to yellowish may tell you when to pick. But a more certain indication is if the stem separates readily from the spur (short fruiting branch) when you lift the fruit slightly. Don't break off the spurs; they'll continue to bear.

'Bartlett' *pear ripens in August. Pick when stem breaks easily from spur*

DARROW M. WATT

After picking, set the pears on shelves, in shallow boxes, or in drawers in a cool room. They easily lose their moisture after picking and become hard and shriveled so don't put them in a drafty place. The ripening process is usually complete in a few weeks. Winter pears, which you pick in fall, ripen best if given about six weeks of cold storage.

Be careful what you compost

Adding kitchen scraps to compost seems like a useful way to dispose of them, but there can be unexpected complications. If you put vegetable scraps infested with parasitic plant nematodes into compost, you may eventually pass the infection on to other plants.

Nematodes are microscopic roundworms that cause root-knot diseases that stunt or wilt plants. Their eggs can survive in plant debris that is incompletely composted, then hatch out when the compost is mixed with garden soil.

What should you do? Avoid composting peelings of root crops, such as potatoes and carrots, which may carry nematodes. Don't compost any plants infected with nematodes or that you suspect are infected. (Infected plants have nodules or swellings on their roots, and are susceptible to root rot.)

Turn compost frequently, hose it to keep it moist, add nitrogen-rich grass clippings to speed decomposition, and let compost sit at least three to four months before using it. The longer it sits, and the hotter the pile gets, the more nematode eggs you'll destroy—but you'll never get them all.

Spider mites spin onward

Spider mites can be a problem nearly any time, but they reproduce most rapidly in hot, dry weather. In just a few days they can overrun a flower, covering it with their webs. When a flower becomes as badly infested as the one shown in the picture at upper right, spraying it with a miticide may do no good. The marigold in the photograph was sprayed shortly after the picture was shot. The spray killed all the mites, but that flower and others like it turned black anyway. The mites had already done their damage to the flower.

NORMAN A. PLATE

Filmy webs *of spider mites virtually smother this marigold flower*

If flowers in your garden are badly infested with mites, probably the best thing to do is to pull out and destroy just the infected plants. Then if you see a few mites on other plants, try knocking them off with a strong spray of water.

Hold off that fertilizer

Gardeners in Utah, Nevada, and the cold winter areas of California can profit now from a bad experience last year of Colorado residents. In September an early winter storm hit northern Colorado, causing considerable damage to

Sunset's GARDEN GUIDE

trees and shrubs. Besides broken limbs, many plants suffered injury from freezing and drying. The premature arrival of cold weather caught many plants still actively growing and not yet hardened.

Investigations revealed that trees and shrubs that were fertilized or watered heavily in late summer suffered most from freeze damage. Trees growing in drier soil weren't as badly damaged.

To lessen the impact of an early freeze, withhold fertilizer and water from trees and shrubs in late summer and early fall. That will give the plants a chance to harden and become dormant sooner.

Jewel orchids

People who expect orchids to have glamorous flowers will be disappointed by *Haemaria discolor*, shown in the picture on this page. What attracts admirers are its striking pinstriped leaves. It's the most widely available of the jewel orchids—those with leaves with red, copper, gold, or white netting.

Growing requirements for jewel orchids are quite strict. They need rich soil, good drainage, warm temperatures, high humidity, lots of light, and undisturbed roots. For the last three years, John Lello of San Jose has been growing the one shown in the picture in a greenhouse. The soil mix he uses consists of equal parts garden loam, sand, leaf mold, and sedge peat. He suggests using a large shallow container because the plants send out rhizomes (underground stems) that cover a large area.

If you want to grow a jewel orchid indoors, keep humidity high by planting it in a fish tank with a lid or put a container in a bell jar. Remember to keep the air fresh by opening the lid or lifting the top every few days. Put the growing chamber in a well lighted room but not in direct sunlight. After growth starts in the spring, feed the orchid with a complete fertilizer every six weeks. During the winter when growth slows and some leaves drop, don't fertilize the plant.

NORMAN A. PLAT

Jewel orchids *are grown fo foliage, not flowers. These leave are dark green with red vein*

AUGUST CHECK LIST

Here's what most needs doing

☐ **Annuals.** Try starting winter-blooming annuals from seeds this month. Sow seeds in flats and give protection from the sun. They'll be ready to transplant in four to eight weeks.

☐ **Fuchsias.** You may have to water them daily this month. Pick off faded flowers and feed with a complete fertilizer to keep them blooming.

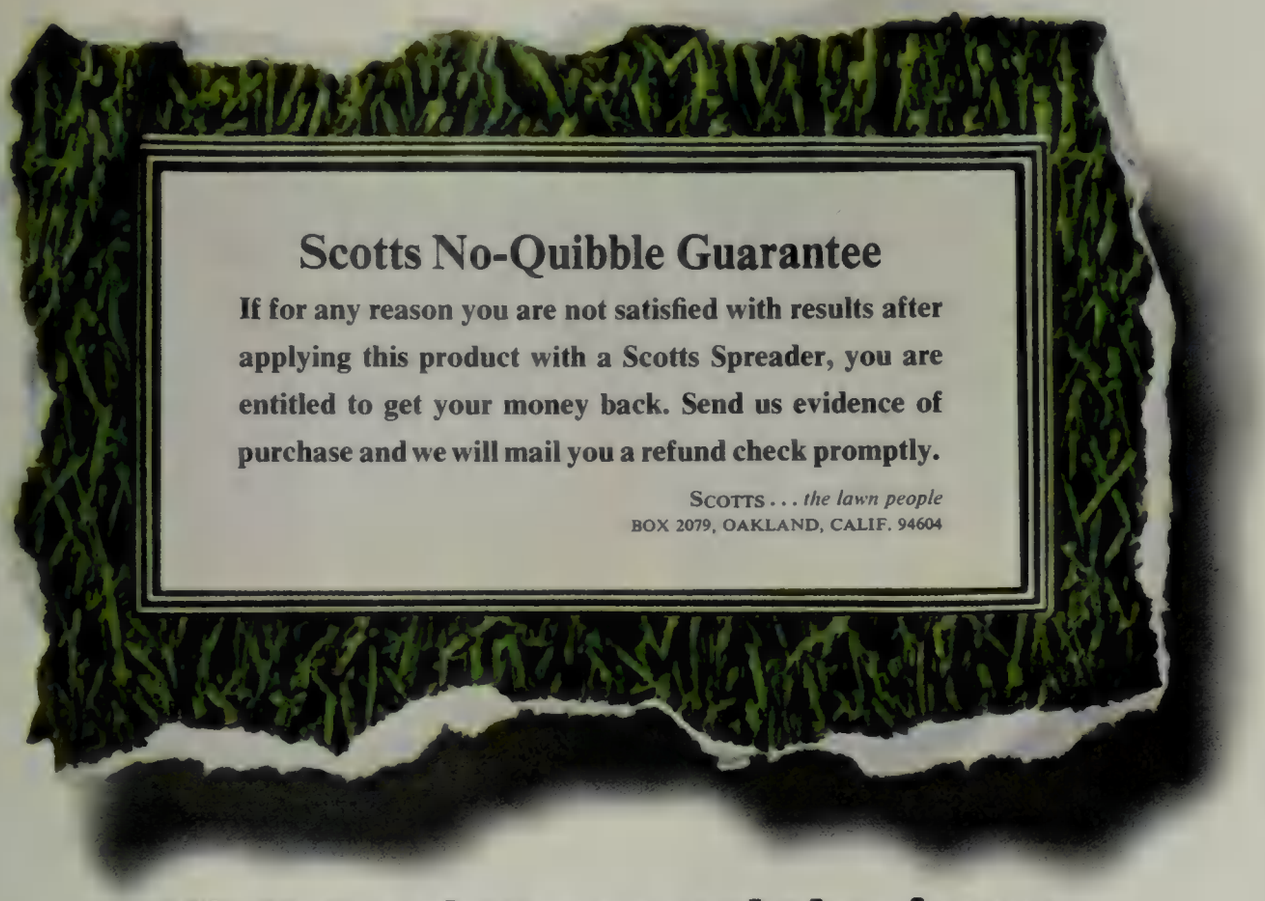
☐ **Grooming.** Cut off faded flowers and yellowed leaves. Pull weeds and pick up fallen plant debris. Pick up fallen ripe fruit to keep it from gathering pests. Disbud camellias to get fewer but larger flowers next spring; remove all but one or two buds from each branch tip.

☐ **Lawns.** Deep weekly watering is needed now. Grass that shows your footprints after walking on it should be watered right away. If you feed now, feed lightly. Too much fertilizer on hardy grass lawns in summer increases the chance of wilt and disease. Fescue, bent, and bluegrass lawns grow more slowly during the warm summer months. Bermuda grass lawns are going strong now. If they need feeding, you'll notice yellowing at the base of leaves and increased production of seeds.

☐ **Oak moths.** The summer brood of oak moth eggs should be hatching now. Native oaks may be covered with hundreds of tiny, green caterpillars. Sometimes, but not often, they may defoliate individual trees. A spray that will kill caterpillars, but nothing else, is *Bacillus thuringiensis* available under the names Biotrol XK, Dipel, or Thuricide.

☐ **Perennials.** August is a good month to try your hand at growing perennials from seed. This gives you a chance to plant some that your nurseries may not carry. From seeds sown now you should get seedlings large enough to plant out in the fall.

☐ **Vegetables.** Near the coast you can start winter vegetables from seeds or transplants or do some late planting of summer crops. Plant beans, beets, broccoli, Brussels sprouts, cabbage, cauliflower, lettuce, onions, peas and spinach. In the Central Valley you can plant this month for an early winter harvest. Plant beets, cauliflower, Chinese cabbage, kale, lettuce, radishes, and spinach. □



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If you are growing corn

ost Westerners will harvest corn this ɔnth and next without a hitch. But a w problems may stand between you d success. Here's how to cope with ɜm or at least understand what went ·ong so you'll know what not to do xt year.

ıe problem is what farmers call lodg-ɡ—wind or rain knocks the stalks to ɜ ground or they just become top-avy and fall over by themselves. This ıy happen when the roots have a poor ld because the soil wasn't cultivated ɜply enough or heavy watering washed l away from the base of the plant. If ɔts are still growing, it's a good idea stake up plants or hill soil up around : base. Hilling helps support plants and ɔourages nubby above-ground roots grow.

ıu may encounter problems with nu-ɜnt deficiencies. Too little nitrogen ıkes lower leaves turn yellow. Too le phosphorus may turn leaves purple, t some varieties turn purple naturally ɔthing to worry about). Either defi-ncy also stunts growth and cuts down yield. It helps to apply a complete ɔd at least once before tassels form.

r corn planted in the last month or so, ɜre are several things that help insure ɡood crop. Thin seedlings to 8 to 12 hes apart. Water well when tassels d silks are forming (shriveled leaves any time other than very hot days an not enough water). Don't remove e stalks (suckers) from the base.

e worst pest

rn earworm is the worst corn pest. e adult moth lays eggs on the silks, d the eggs hatch into worms that crawl wn the silks into the ear to eat young, der kernels. Cut off damaged parts of ears and eat the rest. Try to save ɔoming ears from damage.

ducing worm damage calls for precise ıing. One way is to cut off the silks er pollination (after pollen from the sels has landed on the silks and fertil-d the developing kernels) but before worms have a chance to travel into ears. The time for this is about three 's after silks reach full size. A warn-: If you cut the silks off too soon, ı'll get poorly pollinated ears with nels missing.

you use chemical preparations for n earworms, apply only to the silks. use a medicine dropper to put ¼ tea-ıon of mineral oil on the silks of each after pollination. The oil smothers earworm eggs. Next year you might try one of the varieties with tight husk tops that help keep out earworms.

What the ears tell you

The condition of ripe ears can tell a good deal about what you've been doing right or wrong. You may still correct mistakes for ears to come later.

Check to see if kernels fill out all the way to the tips of the ears. If they don't, it could be due to a lack of nutrients (or just a varietal trait).

Ears that miss kernels here and there probably didn't receive adequate pollination. If you planted corn in a single long row, the wind might not have carried pollen to all the plants. Hand-pollination may help; cut off tassels dusty with pollen and shake directly over silks. (Next time, plant in blocks of at least three rows.) Other possible causes of gap-toothed ears: Too little moisture causes silks to dry prematurely; temperatures over 100° make pollen sterile.

The corn phenomenon called xenia surprises many gardeners. Pollen from one variety gets into another variety and the kernels show it — yellow ears may be dotted with black or white kernels, for instance. This doesn't hurt flavor, unless popcorn gets into sweet corn. To prevent xenia next time, keep varieties as widely separated as possible. □

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Tested recipes for planting mix

A good planting mix is probably the most important element of container gardening.

If you plan to make up a potting mix this spring, the table below will be helpful; it's from the current edition of the *Sunset* book *Gardening in Containers* (Lane Books, Menlo Park, Calif. 1970; $1.95). The table has been simplified from the original one developed at the Arboretum Foundation-*Sunset Magazine* Demonstration Home Gardens in Arcadia, California.

The smaller quantity (3 cubic feet) gives you enough potting mix to fill 18 to 20 of your 12-inch pots or a planter box roughly 4½ feet long, a foot wide, and 15 inches deep. The larger quantity (1 cubic yard) provides three times as much potting mix.

BASIC MIX (For a Large Quantity)

(Suitable for all but ericaceous plants such as azalea, heather, rhododendron.)

2/3 yard	nitrogen stabilized bark, redwood sawdust, or other organic matter
1/3 yard	sandy loam or uniform fine sand
6 pounds	0-10-10 or equivalent dry fertilizer
10 pounds	dolomite limestone

BASIC MIX (For a Small Quantity)

16 gallons	nitrogen stabilized bark, redwood sawdust, or other organic matter
8 gallons	sandy loam or uniform fine sand
1-1/3 cups	0-10-10 or equivalent dry fertilizer
1-3/4 cups	dolomite limestone

LIGHTWEIGHT MIX

(Ideal for indoor planters or outside container plants in sheltered areas. This mix may not provide sufficient support for taller plants in windy situations.)

2 parts	basic mix (above)
1 part	perlite

ACID MIX

(For azalea, heather, rhododendron, etc.)

4 or 5 parts	coarse-textured peat moss
1 part	composted oak leaf mold

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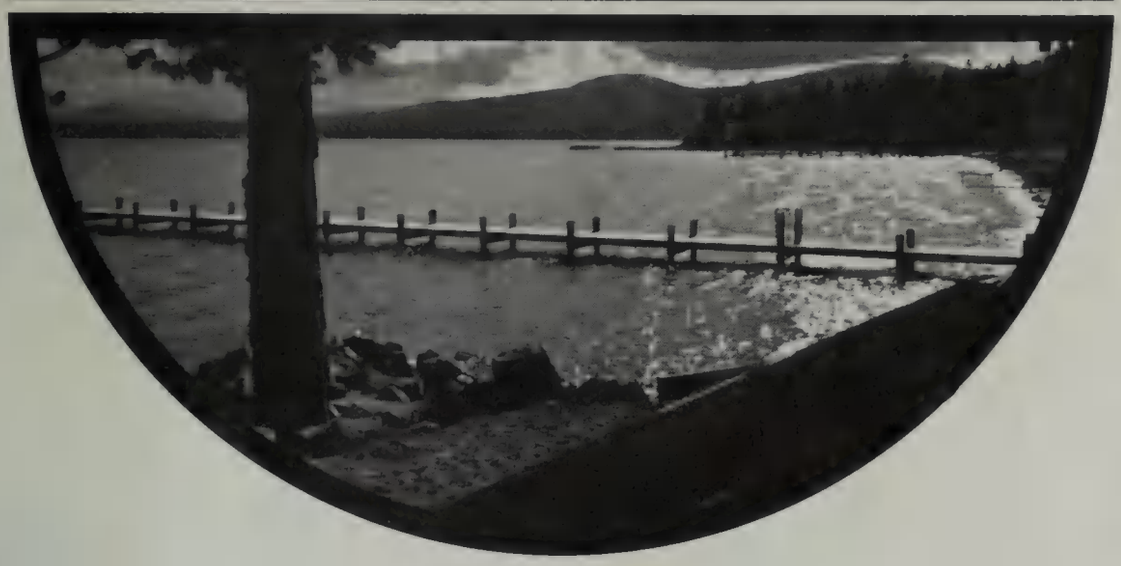

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*Kingswood Village citation Sunset-AIA Western Homes Award, 1971.

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Garden prowling on the Monterey Peninsula

Mild winter, mild spring, cool summer bring spectacular bloom now

A kindly climate—mild in winter and spring, cooled in summer by the Pacific Ocean, sunny and warm in fall—favors many kinds of plants and makes gardening and garden-looking a year-around pleasure on the Monterey Peninsula.

If you're planning to visit the peninsula this month, you'll see familiar favorites such as begonias, cinerarias, blue marguerites (*Felicia amelloides*), fuchsias, geraniums, impatiens, white and yellow marguerites, pelargoniums, and roses.

Nasturtiums are omnipresent. Largely self-sown, they scramble over banks and rocky precipices, along roadsides, up trunks of trees.

Three less familiar plants are sea lavender (*Limonium perezii*), a 3-foot perennial with big, broad, dark green leaves and large tight clusters of small, white-centered purple flowers; princess flower (*Tibouchina semidecandra*, sometimes sold as *Pleroma splendens*), a 12 to 15-foot, velvety-leafed shrub with deep purple, five-petaled blossoms; and the canary bird bush (*Crotolaria agatiflora*), an evergreen up to 12-feet tall with chartreuse bird-shaped flowers in arching spikes.

The peninsula's summer climate favors some spectac flowering vines. Bougainvillea blooms with tropical spler in warm sheltered exposures. Blood-red trumpet vine (*P dranthus buccinatorius*) blankets high walls warmed by flected heat. And covering wire and chain link fences are salmon to coral flowers and lustrous three-lobed leave passion vine (*Passiflora jamesonii*).

Frequent summer visitors to the Monterey Peninsula probably recognize some old standbys of the area: ora 'Maxime Kovalesky' geraniums in pots on balconies of mel inns and motels; and handsome big fuchsias, hydrang impatiens, and pelargoniums in Pacific Grove gardens Monterey, pink Polyantha roses and English lavender bl in Friendly Plaza on Pacific Street between Madison Jefferson streets; in the garden of California's first theate the corner of Pacific and Scott streets, old-timers suc fuchsias and roses associate with exotic princess flower Mexican shell flower (tigridia).

NORMAN A. PLATE

Climbing *roses, white marguerites near Carmel Mission. Roses bloom intermittently into fall, marguerites year around*

Pelargoniums *bloom most of the year, heaviest in late spring to fall. Colors glow, foliage is lush in coastal fog belt*

Red *and white 'Swingtime' fuchsia, one of hundreds of varieties grown in area. Peak bloom in summer, fall*

nk flowered, glossy leafed Impatiens veri at entrance to Carmel Mission basilica. Blooms long, self-sows

Elliptical *doorway for shady lathhouse stands between 2 by 4 uprights, sits on tapered blocks*

DON NOR

How to make an elliptical entry with benderboard

(an ellipse is just a circle with sides pushed in)

That's your average savings when you buy frying chicken whole and cut it up yourself.

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Get this Ekco Flint poultry knife. And save 20% on chic

workmanship or material within 15 years, return postage prepaid provide equivalent substitute at charge

For free booklets and the

elliptical door pictured at left makes arming entrance for an airy lath-e or plant shelter. And it could do ell for an enclosed patio, or as an ·ged peek hole in a wall or fence. ıs constructed by Archie Eitzen of ıs, California, of the ⅜ by 4-inch ood sometimes called benderboard. ll need 70 linear feet of bender-d (seven 10-foot pieces) for a frame feet in diameter, made of three ıapping layers. Since the boards require so much bending, try to select green wood that's as moist and pliable as possible. You'll need four dozen 1 by 2-inch stakes, each about 12 inches long, to make a construction template; also get some 3-penny nails and C-clamps.

For a door the size of the one pictured, begin by marking on the ground a circle 7½ feet in diameter. Drive stakes in the ground every 6 inches around the circumference, as in the drawing below. This will serve as a template for bending the boards into a three-layered ring. Spacing stakes closer together near the joints will help give a tighter fit.

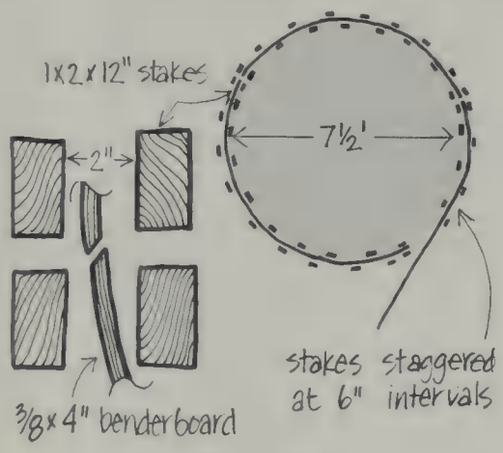
Before you start bending, bevel the ends of the boards to make tight joints (see detail of drawing). Soak the boards with a hose until they're pliable.

Start bending the first board by slipping it into the gaps between the stakes. You may not be able to bend the whole 10-foot-long piece at one time without breaking it. If it starts to crack, soak it with water and bend it some more.

When you have completed bending the first board, slip the next one in after it. Slide the beveled ends together to form a tight joint. (One end of the innermost board and one end of the outermost will not be joined to anything.) Bend and join ends of successive boards until you have finished three layers.

Let the benderboards dry to shape, clamp them together with C-clamps (make sure the joints don't open up while you are doing this), and nail the boards together. You can now pull up the stakes and move the frame. By compressing the round frame between two upright posts, Mr. Eitzen gave his lathhouse doorway its final elliptical shape. □

Frame *for door is made of three overlapping layers of pliable redwood benderboard*



Bend boards *into circle by slipping between template of stakes. Bevel ends where boards join*

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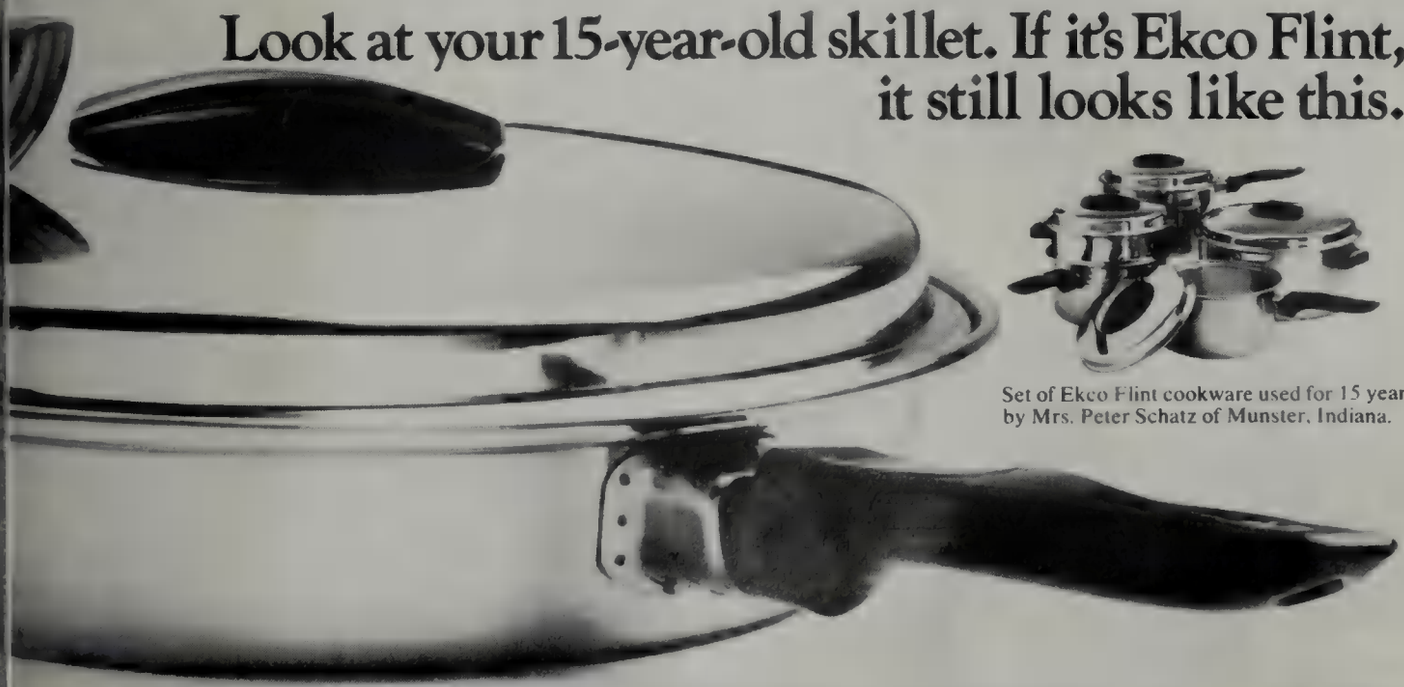

Set of Ekco Flint cookware used for 15 years by Mrs. Peter Schatz of Munster, Indiana.

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Ace Hardware, 211 - 19th St.
Silvera Lumber Company, 223 Railroad Ave.
BERKELEY
Suendermann Plbg. Co., 921 University Ave.
BOYES HOT SPRINGS
Modern Plbg. & Htg., 17496 Sonoma Hwy.
BURLINGAME
Allen-Turner, 1279 California Dr.
CONCORD
Ace Hardware, 1476 Treat Lane
EL CERRITO
Olivero Plbg. Co., 11360 San Pablo Ave.
EL SOBRANTE
Oliver's Hardware, Inc., 4071 San Pablo Dam R
FAIRFIELD
Pinkerton Hardware, 1902 North Texas St.
FREMONT
L-M Building Materials, 43962 Fremont Blvd.
GILROY
Ernest Camino Plbg., 7635 Monterey St.
HAYWARD
Martin Appliance, 24031 Mission Blvd.
HOLLISTER
Bauder Plbg. Co., 140 5th St.
Sautnauer Plbg., 339 7th St.
LIVERMORE
Nelson Hardware, 28 South P St.
MARTINEZ
Ace Hardware, 3503 Pacheco Blvd.
MENLO PARK
K. L. Martin, 1265 El Camino Real
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P&G Home Appliance, 1313 McHenry Ave.
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Home Improvement Center Store, 1829 Lincoln
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Custom Kitchens by John Wilkins, Inc., 6624 Telegraph Ave.
PETALUMA
Forman Hardware, 216 Petaluma Blvd., North
PITTSBURG
Crane Plumbing, 564 W. 10th St.
REDWOOD CITY
John A. Boudreau P&H, 871 Fifth Ave.
RICHMOND
Schrader Plbg. & Htg., 1175 - 23rd St.
SACRAMENTO
G&W Carpet & Appl., 6520 Franklin Blvd.
Luppen & Hawley, Inc., 3126 J Street
Payless Builders Supply, 2501 Arden Way
Ray O. Cook Mech. Contr., 5534 Elvas Ave.
SAN CARLOS
Standard Supply, 501 Industrial Rd.
SAN LEANDRO
Reynolds Supply Co., 14222 East 14th St.
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McPhail's Appliances Television, 7th at Mendoc
SEASIDE
Del Rey Plbg. & Hdwe., 575 Charles Ave.
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Soledad Plbg. & Elec., 615 Front St.
SUNNYVALE
A. L. Plumbing, 673 Grape Ave.
UKIAH
TBS Builder's Supply, 181 Wabash Ave.
VACAVILLE
Pacific Hardware, 627 Merchant St.
VALLEJO
Gene Monthei Plumbing, 434 Benecia Rd.
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Contra Costa Appliance, 1100 Boulevard Way

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OREM
Durham Plumbing, P. O. Box 64
PROVO
Brown Plbg. & Htg. Co., 155 So. 200 W.
SALT LAKE CITY
Harris-Dudley Co., 221 W. 4th So.
SYRACUSE
Smedley Plbg. & Htg. Co., 1930 W. 2250 So.

Here are August garden events

ss. August 6. Annual show presented the Marin County branch of the ıerican Fuchsia Society. Place: Marin : and Garden Center, Sir Francis ıke Blvd. Hours: noon to 5 P.M. Free.

sbane. August 12 and 13. Seventh an- ıl flower show presented by the Bris- ıe Garden Club and sponsored by the sbane Recreation Department. Place: sbane Elementary School, San Bruno e. and Glen Park Way. Hours: noon 8:30 P.M. Saturday; 11 A.M. to 7:30 ı. Sunday. Free.

ncord. August 12 and 13. Summer tival of the Diablo Japanese Ameri- Club. Place: clubhouse grounds, 301 at Blvd. Hours: 2 P.M. to midnight urday; noon to 10 P.M. Sunday. Free.

ifica. August 13. Annual exhibit the Pacifica branch of the American chsia Society. Place: Fairmont Shop- g Center, Skyline Blvd. Hours: 10 ı. to 5 P.M. A drawing will be held ry half hour for a free plant. Free.

ı Jose. August 18 through 27. Gar- ıing displays at the Santa Clara unty Fair. Place: fairgrounds, 344 ly Rd. Flowers are in the Floriculture lding, vegetables in Gateway Hall. urs: 10 A.M. to 10 P.M. Saturdays ı Sundays; noon to 11 P.M. weekdays. mission: adults, $1.25; juniors 13 ɔugh 16, 75 cents; youngsters 6 ɔugh 12, 50 cents; under 6, free.

kland. August 19 and 20. Annual w presented by the East Bay Dahlia iety. Place: Lakeside Park Garden ıter, 666 Bellevue Ave. Hours: 1:30 6 P.M. Saturday; 10 A.M. to 6 P.M. ıday. Free.

ı Leandro. August 19 and 20. Annual w sponsored by the San Leandro hlia Society. Place: Broadmoor Con- gational Church, 301 Dowling Blvd. urs: 3 to 9 P.M. Saturday; noon to .M. Sunday. Free.

ı Francisco. August 25 through 27. e San Francisco County Fair Flower w. Twenty-one flower societies will nsor and participate in the event. ce: Hall of Flowers, Golden Gate k, Ninth Ave. and Lincoln Way. kets ($3.50) to a preview from 6 to .M. on Thursday can be obtained by phoning the preview chairman at 5) 564-2746. Hours: 10 A.M. to 9 ı. Friday and Saturday; 10 A.M. to 6 ı. Sunday. Admission: $1. □

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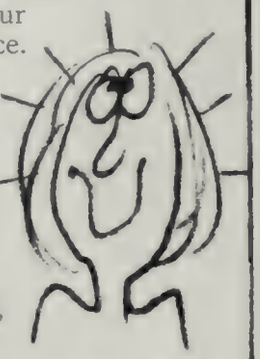

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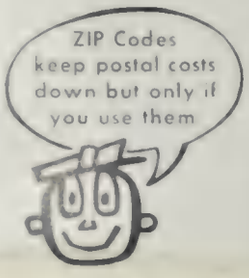

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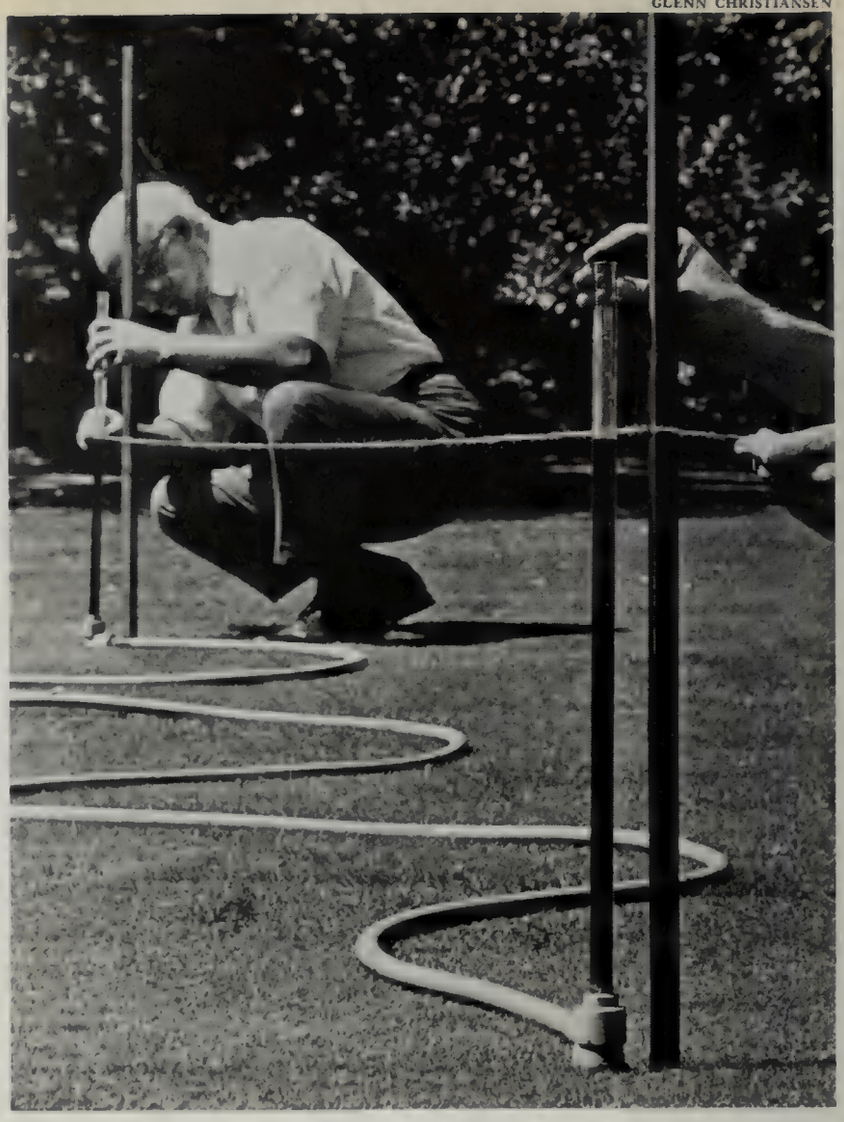

For level line, *stretch string between high water lines in tubes, then tie it to stakes*

Quick and easy way to get a level line

When you need a level line for pool installation, ground fill, or laying a foundation, you can quickly convert your garden hose into a precise gauge.

For these leveling tubes, Herbert Bess of Los Altos, California, used plastic pipe cement to seal glass tubes into the ends of two ¾-inch plastic pipe elbows. The other ends of the elbows are fitted with male and female hose couplings.

Hook one tube to a garden hose, fasten the other end of the hose to a faucet, and fill hose until water runs out the tube (to avoid air bubbles). Unhook hose from faucet and connect to other tube. Pour water into tubes if necessary to raise water level. Add food coloring for better visibility.

The water level in both tubes stays the same as you move them around. A tight string between the water lines in the tubes is always level. □

Tubes *are glued into plastic pipe elbows that screw onto hose ends. Tinted water stays at same level in both tubes*

Your new home at The Villãges comes with a staff of 18

It's time you put aside your everyday concerns. At e Villages.

Where the gardener mows the lawn and trims the rubbery while you enjoy an afternoon of golf.

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Where life is freer because you have a multitude of vices to rely on while you live the life you deserve.

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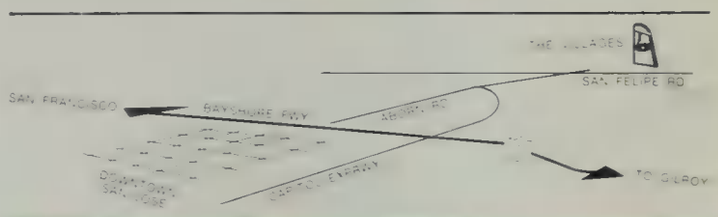

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- ☐ Your community sounds like a place I might like to live. Please send me more information.
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72-89-VI

Makes a cool green carpet . . . sometimes in just six weeks

He's sprinkling *peat moss on baby's tears. Next he brushes it through the leaves to soil level*

You don't see *any soil in this garden. It's covered by baby's tears over mounds and between stepping stones*

CRAIG ZWICKY

Gardeners once considered baby's tea a pesky, invasive plant and rarely us it. But now more and more of them a discovering that its aggressive growi habits can be useful in shady places give the effect of moss, to soften rou edges, or to cover and hold soil.

In the narrow side garden shown he 16-year-old Paul Ogasawara used a sol ground cover of baby's tears as the ba planting. Its cool green carpet is esp cially refreshing during the hot summe of Davis, California.

Sheltered between the house and fen the plants get almost full shade in su mer and some protection from frosts winter. Baby's tears blackens at freezi temperatures, but recovers quickly if t temperature isn't too low for too lo Below 20° to 25°, it dies completely.

Plants growing between stepping ston are bruised by an occasional misstep, b soon repair themselves.

Small clumps of plants ½ to 1 in across, planted 6 inches apart, give so coverage in about six weeks under id conditions. Larger clumps set up to inches apart take much longer, but do need such careful attention to keep th from drying out. For best results, pl in loose, humus-rich soil and provi frequent shallow watering.

As an extra precaution during h weather, Paul uses peat moss to keep t soil surface loose and moist. Once twice during the summer, he sprinkle ¼-inch layer of peat moss over t baby's tears, gently brushes it throu the leaves with his hand, and then wat it in. This method works best in hot, d climates. It should be used sparingly humid areas, where excessive build- of moisture may cause fungus problen

Baby's tears are usually sold by the f or in small plugs about an inch acro Prices range from $4 to $7 a flat; or 6 to $1 for six plugs. A new yellow vari is available at some nurseries for higher price.

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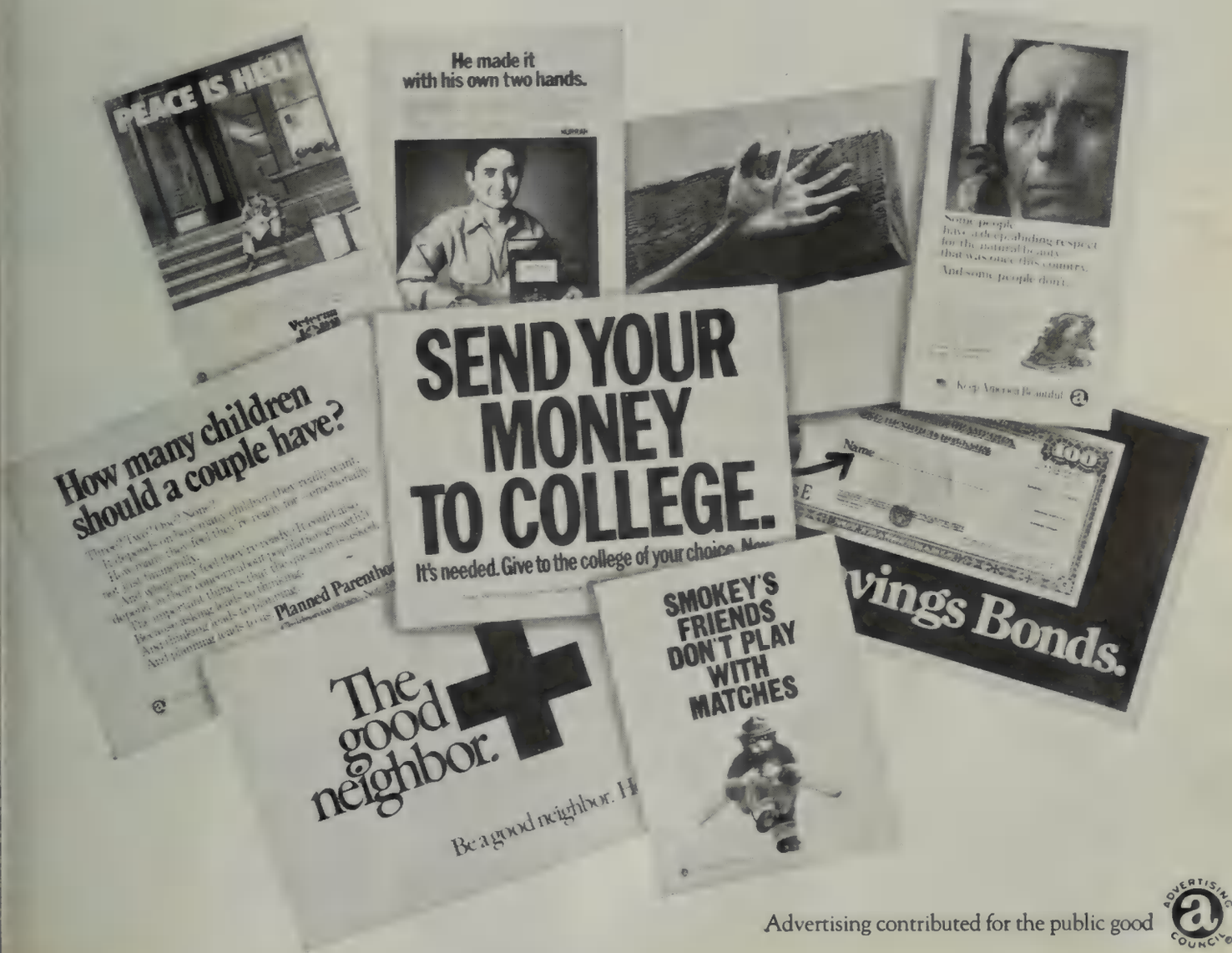

Advertising contributed for the public good

Gray-green *of piñon pines is echoed in lichens on boulders. Douglas fir makes dark green background. Ground cover is Korean grass*

Twig *of prostrate deodar cedar arches over clump of dwarf crane's bill with tiny white, pink-veined flowers*

They brought the mountains to their front yard

Boulders, *pines, junipers fill point between road and driveway*

They wished to have at home—ri outside the door—the look of dist mountains they love to visit.

To the Harold Lindsays of Los Al Hills, California, "the look of mou tains" means silhouettes of tall conife the harmony of pines and rock, and ever-changing displays of small r plants. It does not mean a slavish re-c ation of a particular natural scene plant community.

The Lindsays' skyline is formed larg by Douglas firs. These had to be plan because they do not grow naturally this low an elevation in the Santa Cl Valley. They took hold at once and h grown quickly into a dense, dark gre robustly healthy screen.

The selection of boulders is taking long time. Mr. Lindsay bought so from various garden supply firms an still shopping for others to extend plantings. He positioned boulders w the aid of a tractor and chain. (A slo way is to get the help of several frie armed with stout crowbars.)

The small, picturesque pines among boulders are piñons or piñon pi (*Pinus edulis*), a slow growing, th oughly hardy pine native to the d mountains east of the Sierra-Casc crest. Other good choices would be pine fir (*Abies lasiocarpa*), bristlec pine, or mugho pine. If you want to the same effect with faster grow pines, you will have to do considera pruning and shaping.

GETS RID of ROACHES

Attractant draws roaches and **waterbugs** to feed. Kills them fast.

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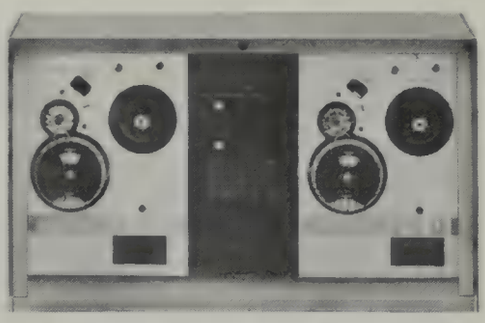

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Keep fruit, vegetables, berries deliciously healthy. Spray at first sign of pests even up 'til day before harvest. Add new enjoyment to your garden. Bug free plants produce more and better crops.

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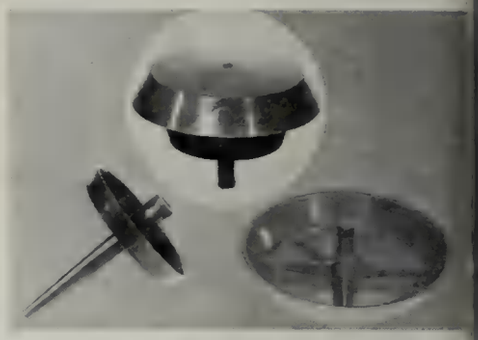

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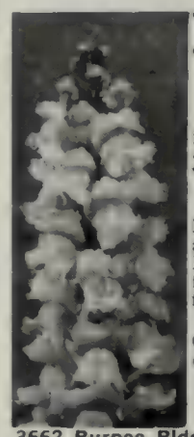
A Trimmer trapper that won an Engli industrial design award, is the slug/sn bait holder pictured. This slugtrap hol the bait so that it is available to slug snails but keeps the bait free from r and pets. Just push the bait holder in the ground, fill the little tray with t bait and then fit on the cover. Measu 3" in diameter 1½" high. 10 bait hold are $4.50 postpaid; 20 for only $8.50 p Walt Nicke, Box 71S, Hudson, N.Y. 125



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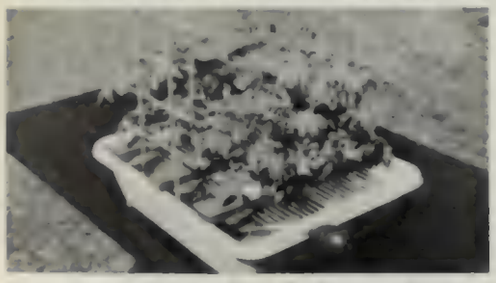

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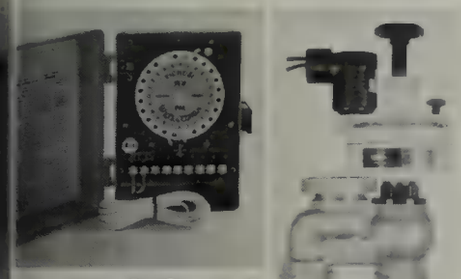
The Sunset Garden Center



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GLENN CHRISTIANSEN

Sprenger asparagus *in hollowed-out place near the top of 3-foot-high driftwood*

Driftwood as a plant container

A simple piece of driftwood with a plant growing from it can form the focal point of a shady spot in your garden or patio. It takes a little time and effort to adapt a large piece of driftwood into a suitable plant container.

First, find the simple, attractive piece of driftwood. After winter storms, almost any beach can yield good pieces. Ideally, the selected driftwood should have a fair-sized recess in it. You can enlarge the recess into a planting hole with a carpenter's chisel. Enlarge the recess to at least the size of a man's fist.

Before planting, you may want to bleach the wood. Wash it with a solution of household bleach and water. This also helps eliminate any "fishy" smell.

Fill the cavity with a commercial outdoor planting or potting mix.

Select a plant that will trail nicely and do well when tightly root bound. In a sunny location, you might consider using a succulent such as a small-leafed sedum, ice plant, or a small juniper. You can also use Sprenger asparagus, shown in the photograph above, in sun or shade.

Ordinary watering and fertilizing in a wooden container with no drainage might eliminate oxygen and make the soil go sour. The way to avoid this is to water and fertilize by misting. This prevents overwatering and at the same time encourages growth of algae and moss that gives the wood an aged Oriental appearance. To fertilize, directly apply solution of fish emulsion. □

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That's what it costs to mix 1 oz. of concentrated Gre-Sof in a pint of water. You get a powerful, 100% biodegradable cleaning solution for general use and for cleaning vinyl, ceramic tile or terrazzo floors. Mix double strength to cut thru wax, grease and dead paint before refinishing walls, doors and woodwork. A 24-oz. box costs 85¢ (plus 5% Calif. s. t.). Order from Crescent Chemical Co., 2986 E. Century, Lynwood, CA 90262. No COD's please. Also at most paint and hardware depts.

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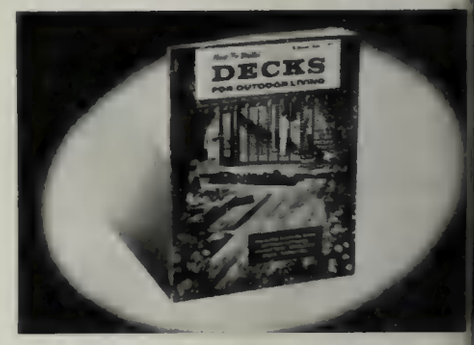

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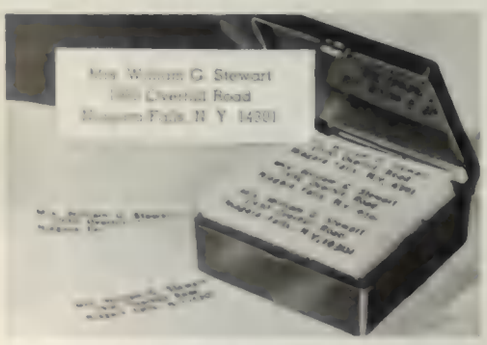

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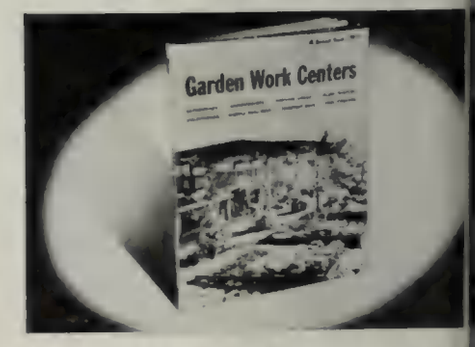

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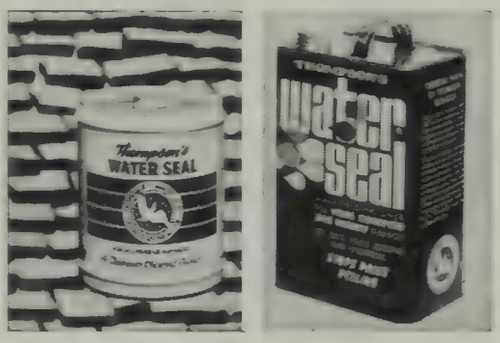

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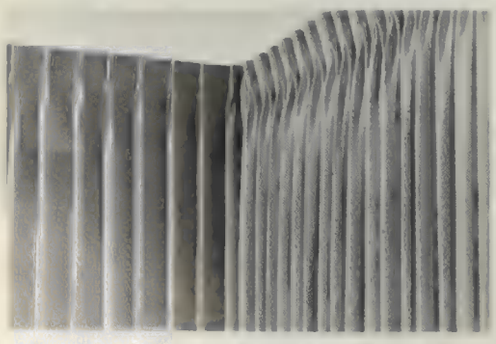

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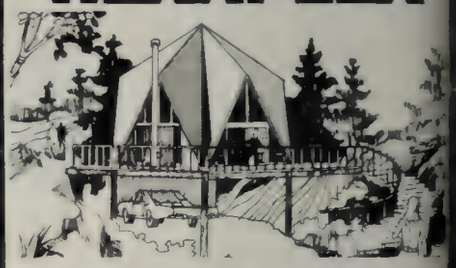

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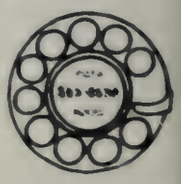

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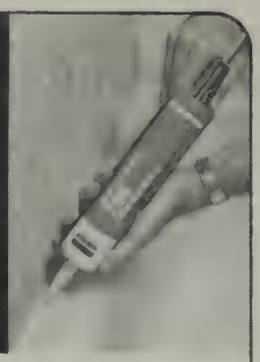

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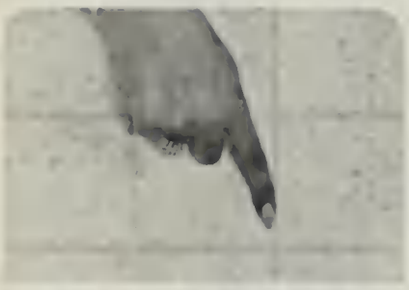

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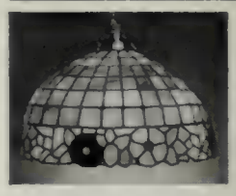

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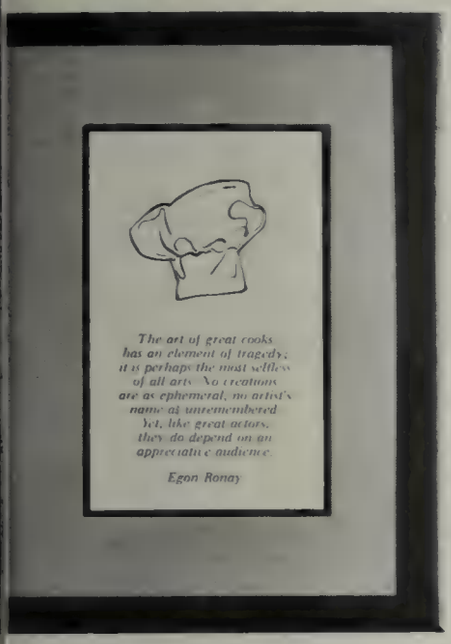

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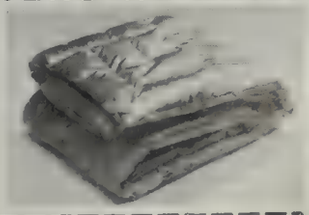

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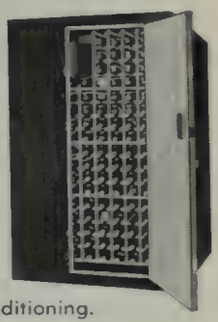

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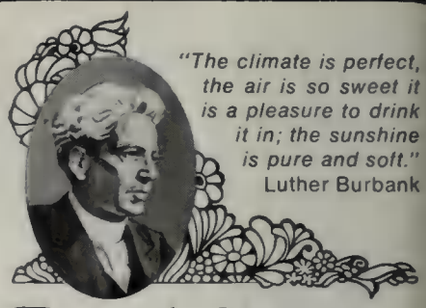

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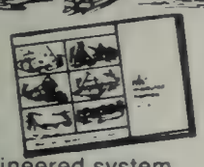

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Water for plants across a fence

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Besides saving time and work, having controls inside the fence removes a temptation from young passers-by. A water tap on the street side of the fence could be turned on and run unnoticed for days.

The plants in the picture are Hinoki cypresses. Planter boxes without bottoms allow roots much more growing space. The owner-installer is Miriam King of Santa Barbara. □

Sprinklers *water each box outside fence. They're turned on inside fence*

Our garden laboratory

The photograph on *Sunset's* cover this month and the article on page 54 introduce a modular decking idea recently developed in one of *Sunset's* experimental gardens.

This experimental garden is a new area set aside in the 7-acre, 21-year-old garden around our headquarters in Menlo Park, California. It is called *Sunset's* Outdoor Living and Garden Laboratory. Although part of our main garden, it serves a different purpose.

The main garden consists of a big lawn bounded by paths and shrubs and trees, most of them full-grown now. Borders of bulbs, annuals, and perennials give seasonal color. Over the years, this garden has provided us with many photographs and much valuable information. Visitors tell us they've learned much from it too—it has always been open on weekdays for public viewing.

The new experimental garden, on the other hand, is intended mainly for editors' use. It's a place where we can try out new plants, planting combinations, gardening methods, and garden structures. Then we publish the results. No editor has to worry about staging a flop in public: Most of the garden is behind a fence.

The experimental garden supplements our regular field scouting and reporting. We can bring back a garden or landscaping idea we see or hear about. Then in the garden we test it, have a long look at it, photograph it under conditions within our control. Too, we can often try it in one more climate—ours. (We also do climate testing at *Sunset's* demonstration gardens in Tucson, Arcadia, and San Francisco.)

The experimental garden has been most productive. We've used it for many projects you may have seen in *Sunset* during the past year: bringing 'Sequoia' strawberries into bearing in midwinter, testing the timing of gladiolus planting, training cucumbers up trellises, building mud ovens for cooking breads, sprouting wild bird seed.

Other projects are in the works now for future publication. There's a steady turnover of ideas that reach print.

The modular decking system will remain at least through August—on the public side of the experimental garden. You are invited to take a look at it, along with the rest of our big garden and the patio gardens of both our buildings. Visitor hours are from 9 A.M. to 4 P.M. weekdays. Our buildings are at Willow and Middlefield roads in Menlo Park.

We hope you can pay us a summer visit.

WINDOW ON THE WEST: *Young redwoods*

Redwoods form a cool shady grove at one end of *Sunset's* garden in Menlo Park. In a strip of typical plants of the West Coast states, they are in the northern California section. The trees were planted 21 years ago as 6-footers and now range up to 79 feet tall. And the 10 redwoods have already developed much of the cathedral-like quality of a mature grove. □

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The Cover Story

Spitted chickens cook on schedule over hot coals arranged exactly as described in the article on page 66. It also gives directions for spitting meats, and a new spit roasting chart. Glenn Christiansen's photograph

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eptember travel . . . in and beyond the West

e secrets of San Bruno Mountain

d and brown San Bruno Mountain n anomaly of undeveloped hills sand-hed between Daly City and South Francisco. From below, the land-pe looks barren and uninteresting, ich may explain why so few people up there. Yet that all changes from 1,300-foot summit.

t only are the views of San Francisco l surrounding cities remarkable, but you follow a few of the mountain's ls you'll be introduced to a hilltop adow environment that's just an old-er's memory in most other places in Bay Area.

ough all the land in this huge unde-oped area is privately owned, you y go there to picnic or hike (off-road torcycles are prohibited). And soon much as 1,000 of the 5,000 acres up re may become part of a San Mateo County park. A proposition to raise funds for acquisition of parklands is on the November ballot. If it passes, the county will be able to buy 500 acres and the Crocker Land Company says it will deed over another 500.

The proposed park centers around Radio Road, a winding roadway that will take you to the summit (where the radio towers are). It travels south from Guadalupe Canyon Parkway, the main cross-mountain thoroughfare, which connects with Bayshore Boulevard just north of Brisbane.

Surrounding the lower (north) end of Radio Road is one of the mountain's most interesting areas. Large stands of eucalyptus, which may become part of the park, provide sheltered picnic spots. If you explore this area you'll find shaded valleys with lush ferns, streams, and wildflowers in the spring.

If you walk in a southeasterly direction from the summit end of Radio Road, you'll see wide views of the bay and the San Francisco skyline. You'll be right above the airport, a good place for plane watching.

Gathering Gravensteins

Sebastopol in Sonoma County is right at the core of northern California's most productive apple area. That's something nice to know if you're hunting for the freshest and tangiest apples to bake in a pie (see our recipe on page 124), make into cider, or cut fresh from the tree.

Leading out from town are a number of roads lined with apple stands and orchards. One, State Highway 116, is known as the Gravenstein Highway. It's no trouble finding people peddling apples along its shoulders.

You'll still be able to buy Gravensteins

mbling slopes *of San Bruno Mountain spread out beyond picnickers. San Francisco skyline pokes up in the distance*

LEE FOSTER

Sunset *The Magazine of Western Living* ▪ *September 1972*

Architect *Richard Ehrenberger (at right) tells editors about foundation plans for his just-moved house*

What's involved in moving a house?

During routine scouting for building ideas, we came across several older houses that had been successfully moved. In fact, our scouting team's first visit to a relocated house was to look at an entry deck, not the house itself. It surprised us when architect-owner William Dutcher of Berkeley said that he built the deck after moving the house.

Then he led us to several other houses that had made recent moves. Often the only evidence of a move was a newer line of shingles around the foundation.

To evaluate the house-moving idea, we visited houses in various stages of the move and accompanied some on their journeys. We checked with architects, house-moving firms, building inspectors, and home owners. Our house-moving report begins on page 72. □

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even though their prime picking ti was a few weeks ago. Also on the star this month are Red and Golden De cious, Bellflowers, and in late Octob Rome Beauties and Newtown Pippin

You may see a couple of kids with scribbled sign and a box of backya pickings who'll sell you a pound fo nickel or less. More established ope tors often vend a 4-pound box for $2.

And you can always pick your o from the tree or off the ground; fre ly fallen Gravensteins are usually sweetest and juiciest. Watch for signs orchard driveways that advertise pi your-own.

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RICHARD DAV

Boxes of apples *for sale at stand on State Highway 116 near Sebastopol*

immediately. The Gravenstein High extends all the way beyond Sebasto to Forestville. Or you can turn of Highway 12, which from Sebastopo Freestone is like Gravenstein High number two.

Museum-going in Santa Clara

Santa Clara's Triton Museum has jun the concept of viewing art in dim labyrinthine galleries. Instead, it spra over an acre or more of land, with f smallish octagonal buildings hol most of the artwork. The buildings joined by landscaped walkways courts decorated with sculpture.

This design makes a visit more aki a garden stroll than the usual muse going. Each building has a sepa show—and the galleries are small intimate, with only a few painting hand to be well perused.

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SCHOOL AND CAMP DIRECTORY

is the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

TRAVEL DIRECTORY beginning page 6

GARDEN CENTER beginning page 189

FINE FOODS CUPBOARD beginning page 132

SHOPPING CENTER beginning page 191

LEE FOSTER

Outdoor sculpture *such as Atsushi Imoto's Espoir (Hope) make Santa Clara's Triton Museum fine strolling place*

in traveling shows. Sculpture by Francis Sedgwick and Sascha Schnittman, both from Santa Clara County, occupies most of the museum's main court.

On the museum grounds is the Jamison-Brown House, moved to the site last year. This elegant mansion from the 1860's is a classic example of the large houses built by prosperous Valley orchardists. It is being refurbished to house some of the museum's paintings.

The Triton is at 1505 Warburton Ave., across from the Santa Clara Civic Center. Hours are Tuesday to Friday, 12:30 to 4:30 P.M.; Saturday, 10 A.M. to 5 P.M.; and Sunday 1 P.M. to 5 P.M. Though the museum is privately operated, admission is free. □

For travel planners, a September check list

Guide for the handicapped. Travelers with physical disabilities will find *National Park Guide for the Handicapped* a helpful reference. The 80-page booklet lists special programs for the handicapped available in the areas administered by the National Park Service, details the accessibility of attractions and facilities, gives park elevations, tells where steep climbs are necessary. Hospitals and other medical facilities are indicated. The booklet costs 40 cents and can be ordered from Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

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Sahara trek. On November 29, you can join an unusual 21-day Sahara Desert camping tour of southern Algeria. During a three-day hike you will visit beautiful cave paintings and carvings. A nine-day camel ride takes you through the Sahara's varied scenery—eroded mountains, rocky canyons, and orange sand-dune country. The Tuareg, Berber tribesmen, will serve as guides. Meals, round-trip air fare from New York, and travel by overland vehicle and camel is included in the $1,350 cost. For details write Mountain Travel USA, 6201 Medeau Pl., Oakland 94611.

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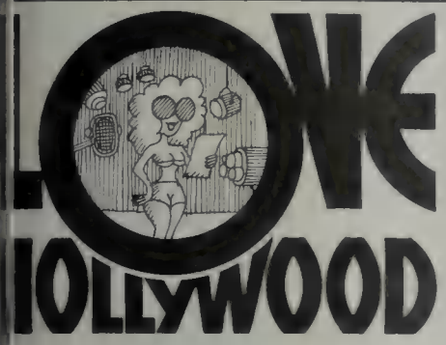

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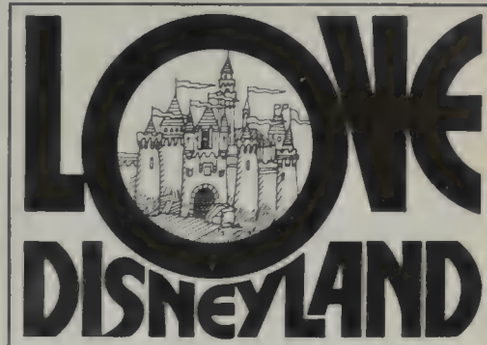

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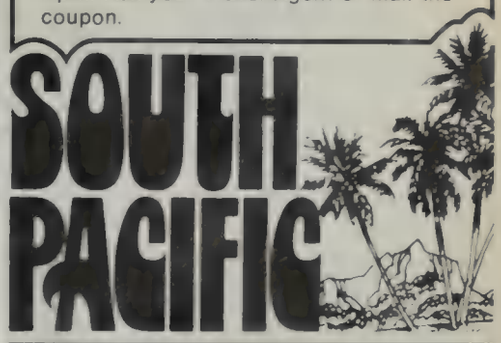

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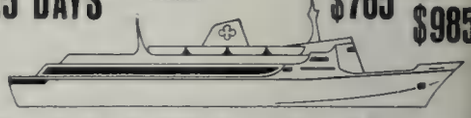

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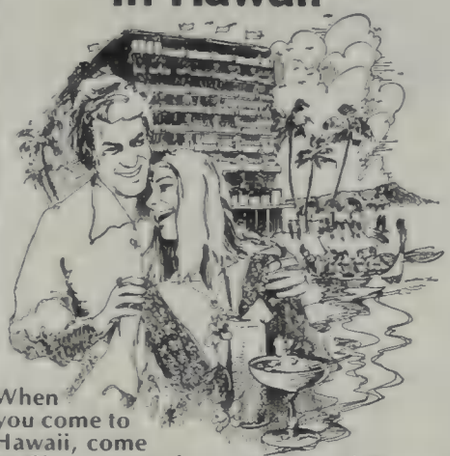

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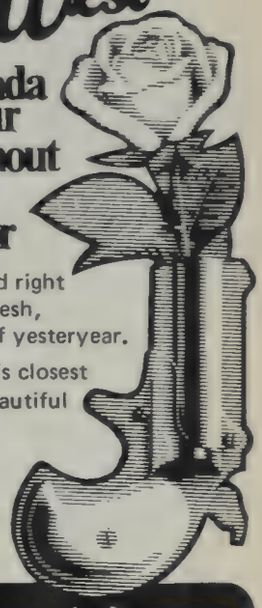

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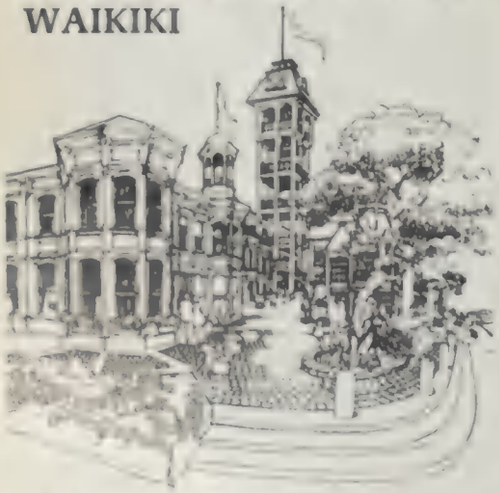

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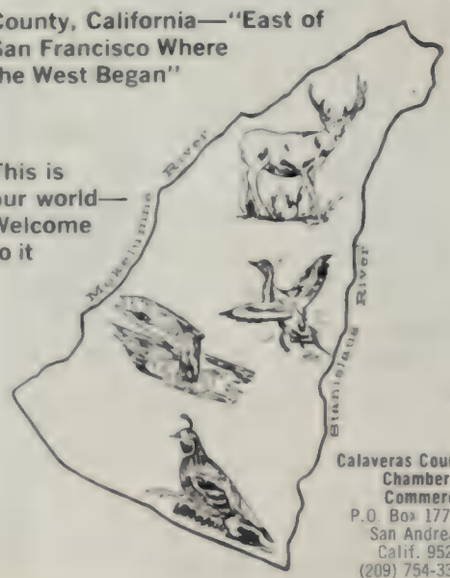

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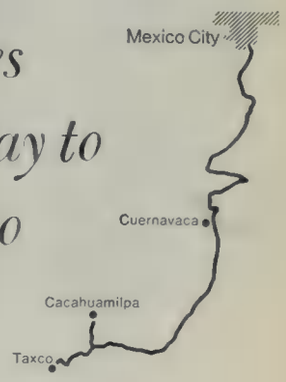
Visitors *head down walkway toward brightly lit limestone walls*

Caves on the way to Taxco



Though not well known outside of Mexico the huge cave system called Grutas de Cacahuamilpa ranks right along with Mammoth and Carlsbad in complexity and grandeur. Underground rooms are 200 feet across and stalagmites jut more than 7 feet into the air.

The Mexican government has made all this easier to see by putting in new lighting and a concrete walk 1¼ miles long. Official national park guides lead tours at 1 P.M. daily for 2 pesos. Special tours at other times cost 10 pesos per group.

Cacahuamilpa is 95 miles south of Mexico City, or 20 miles northeast of Taxco, on a side road off the main highway between Taxco and Cuernavaca. At 3,360-foot altitude, the caves are out in the open country with springs, rivers, and falls nearby. □

Sail raised, *small boat is readied for launch at Gallatin Beach, where pines grow at water's edge. Low hills overlook lake at rear*

Eagle Lake in September for the sailing, for the fishing, and for watching the osprey

Runabout *cuts through water as sloop in background moves into wind before raising mainsail*

Eagle Lake in Lassen County is one of California's lar natural lakes, and also one of its cleanest and least crowd Its spacious, tree-sheltered campgrounds are rarely fil And 27,000 acres of clear blue water provide excellent s ing, and serve as a feeding ground for a rare breeding col of osprey. During September, fishing is good for the la Eagle Lake rainbow trout, a natural hybrid that is the c game fish adapted to the unusually alkaline water.

To get to the lake from Interstate Highway 5, take the Las National Park turnoff east from either Redding (State H way 44) or Red Bluff (State 36). The highways skirt the p on either side and join west of Susanville. You can reach Eagle Lake's main beach and campground area by E Lake Road, which turns north off State 36 about 3 m west of Susanville.

The abundance of wildlife—over 40 mammal and 150 b species—and the 26 nesting pairs of osprey reflect the lal healthy, unpolluted food chain and careful federal man ment. (The lake is in Lassen National Forest.)

Pausing *at safe distance, visitor watches osprey nesting area across grassy field. Birds perch on nests atop poles and stumps; derricklike blind is for game officials*

With wings *majestically outstretched, osprey settles onto nest. Support platforms on posts simulate scarce natural perches*

Eagle Lake Road *leads to beach, campsites on lake's south end; ospreys nest along west shore (arrow)*

e osprey nest near the west shore, protected by regulations m human interference. You can see them from a dusty d that runs a short distance south of Spaulding Tract, but u can't approach the nests. Viewing is better from the ter, where the osprey dive and carry off fish in their talons. ey migrate south in October.

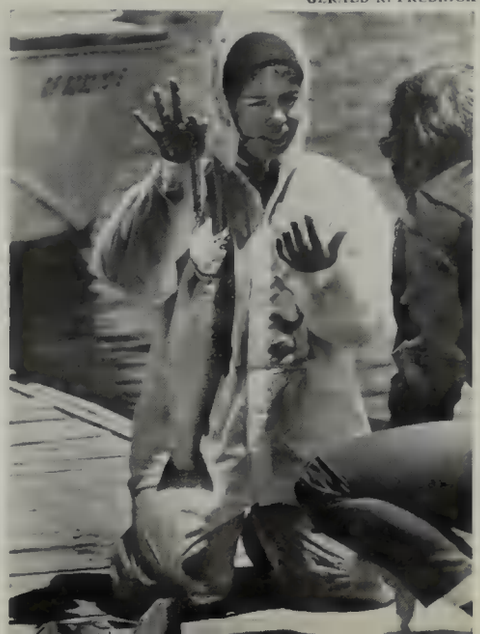
e south shore recreation area includes a store and marina h boat ramp, a sandy beach and shady picnic area, and r 300 campsites with water and toilets but no camper kups. Most can accommodate large camp vehicles; one is erved for tents only. There's a $2 nightly fee per unit.

ere's a 17-unit campground, with no fee, near the north d of the lake about 1 mile off State Highway 139 on the st shore road, with a boat ramp about a mile away.

u can catch Eagle Lake rainbow by trolling or, as the ter cools in the autumn, by fly-casting from the shore. out taken from the lake average over 2 pounds.

u should bring warm clothing and ground cover for nping; days are warm, but autumn nights cool off fast. □

GERALD R. FREDRICK



While *holding one large trout, angler describes another. Rare species has adapted to lake's alkaline water*

Look what United's done for the Little Grass Shack.

We've spruced it up a little.

Now it's got it's own private kitchen, maid service, a rental car (2 day minimum), and a price as low as $9.00 a night. (Per person, for 4 people, plus tax.)

Now it's a luxurious condominium in a Hawaiian paradise.

Your very own place. With the privacy and tranquility of the Little Grass Shack, minus leaky roof and dirt floor.

Your condominium can be close to things like golf, beaches, shopping, and entertainment. Or completely away from things. There are all sorts of locations to choose from.

Your Travel Agent or United can give you all the details and a beautiful four-color brochure.

Just choose your favorite island. Then choose your favorite person. And fly away to Privacy in Paradise.

In the Friendly Skies.

United Air Lines
Your land is our land.

R. WENKAM

Family explores *red sandstone shore of Lake Powell from rented houseboat*

Exploring Lake Powell by boat

Until the high walls of Glen Canyon Dam blocked the surging flow of the Colorado River to form Lake Powell, the only way to explore this section of the Colorado Plateau was either on foot or by floating down the river in small boats as the reservoir's namesake, John Wesley Powell, did.

Now you can bring your own boat or rent one to explore almost 1,900 miles of shoreline made easily accessible by the still-rising water of Lake Powell flowing from Arizona into Utah.

The 160-mile-long reservoir can best be sampled by boat on an overnight trip or longer. Boaters who carry camping gear in smaller power boats can find level camping areas along the shore, but you should boil lake water before drinking it. Also, carry plenty of gasoline.

Renting a houseboat is probably the most convenient and comfortable way to explore the lake. Rentals come complete with kitchen, bath, and sleeping areas, and rental rates generally include propane gas. Some outfitters include kitchen utensils, but bedding, ice, and motor fuel are not included.

Weekly rates average from about $300 for a small boat (roughly 8 by 22 feet) that sleeps four to about $600 for a boat (roughly 12 by 40 feet) that sleeps eight. The minimum rental period is three days; reservations are recommended.

Four marinas on Lake Powell rent houseboats. For details on boats available, write to Canyon Tours, Inc., Box 1597, Page, Ariz. 86040; Bullfrog Resort and Marina, Hanksville, Utah 84734; Hite Marina, 4131 W. 3860 South, Granger, Utah 84120; Lake Powell Ferry Service, Inc., Blanding, Utah 84511.

Of the many attractions easily accessible by boat, the most spectacular is Rainbow Bridge, a giant natural sandstone bridge about 55 miles up the lake from Wahweap Marina. It is part of Rainbow Bridge National Monument, and there is a full service marina near the monument in Forbidding Canyon.

Other waterways you may want to explore by boat are the lower portions of the San Juan and Escalante rivers. Along the Escalante River you can walk in to Indian ruins and a number of natural bridges, sandstone arches, and other interesting geological formations. □

The Grand Canyon has spent 10 million years getting ready for you.
Don't keep it waiting any longer.
And now that the Canyon is open all year there's no excuse. You can enjoy our spectacular Fall season in uncrowded comfort.
A roaring fire welcomes you to Bright Angel Lodge, with its rustic simplicity and warmth. El Tovar Hotel, built over 60 years ago of native boulders and pine logs, stands in silhouette at the brink of the Canyon. Phantom Ranch, accessible by daily mule trains, lies almost a mile below the Canyon Rim.
All Fred Harvey Lodges at the South Rim offer a blend of untouched, untampered-with views, modern convenience and comfort. You have several to choose from so you can suit your accommodations to your pocket book. And at each of them, now that Summer crowds have gone, the Fred Harvey people have all the time in the world to make your stay at the Canyon a memorable one.
We suggest advance reservations for mule trips and accommodations. Write Fred Harvey Reservations, Dept. BC, Grand Canyon, Arizona 86023, or call (602) 638-2401. Or see your travel agent.
A real Fred Harvey welcome awaits you at the Grand Canyon
OPERATED BY FRED HARVEY AN AMFAC COMPANY

Only Western offers all this on every flight to Hawaii.
4
6
3

'irst Class Legspace for every passenger in Coach and
nomy.

Complimentary Champagne for every adult.

A Hot Meal, rather than a cold sandwich is served in
nomy. It's our Dynasty Dinner–Sweet and Sour Pork
ished with Pineapple Cubes, Fried Rice with a Ginger
f topping, Pear Salad with a Cream Cheese garnish and
onut Almond Surprise. The cost? Only $1.50.

'abulous Islander Service with complimentary Diamond
d Rum Punch, delicious Polynesian Entrees and desserts.

'ree Movies and Stereo in First Class and Coach.

6. Captain's Half-Way Contest. If you can guess the time when you will be half-way between Hawaii and the Mainland, you'll win a prize.

7. Advance Reservations to the Polynesian Cultural Center Show can be obtained by calling Western Airlines.

8. Western's Hawaii Triangle fare. If you purchase a round-trip ticket between Southern California and Anchorage, you can visit Hawaii free. What's more, you can make free stopovers in San Francisco, Portland and Seattle on your way.

Western
THE CHAMPAGNE AIRLINE

Bring your camper on this 20-hour inside passage mini-cruise!

Travellers have called it "the most spectacular coastal scenery in the world!" It's the North Pacific's island-sheltered **Inside Passage**, first discovered by early Spanish explorers. Now, sail it on the **Queen of Prince Rupert**, northbound or southbound, between Kelsey Bay on the northern tip of Vancouver Island, and Prince Rupert, the world's third-largest natural port, just below the Alaska panhandle.

Enjoy your own private stateroom, dine on fresh B.C. salmon aboard a sleek, cruise-like ship noted for friendly service. Photograph soaring mountain peaks, massive glaciers, mountain waterfalls and forest-clad islets.

Then, with your own camper, car or trailer, return via paved Canadian highways along the Totem Circle from Prince Rupert. Visit 'Ksan, famed authentic re-creation of an ancient Indian village. Set your sights on big game. Fishing? The *best!* You may even see black bear scooping steelhead from the mighty Skeena River. Pass through old gold-rush country, sampling Cariboo country beef-steak along the way. Then head down the lovely Fraser River Valley to Vancouver and home. Or . . . do the trip in reverse. Fares: Camper and driver, $75; car and driver, $60; passenger, $30; child, $15. Stateroom slightly extra.

Queen of Prince Rupert Schedule Summer sailings to Sept. 21, northbound and southbound on alternate days. Sept. 23 - May 5, northbound leave Kelsey Bay Tues. and Thurs. Southbound leave Prince Rupert Wed. and Sat. **Off-season save 25%** on fares – car, camper, trailer, passenger – and stateroom's, too!

Motor coach service for all points at both terminals.

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Tsawwassen Terminal, Delta, British Columbia

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HENRY R. GRIFFITHS

Railroad fans *gather around engine 8444, relic of the heyday of steam power*

Last-chance ride behind the Union Pacific's mighty 8444

Of the 10 giant steam engines built by the Union Pacific Railroad in the 1940's known collectively as the mighty 800's, only engine 8444 remains in sporadic service. It will make one of its infrequent runs—and possibly its last ever in the West—at the head of a 500-seat excursion train on September 16 between Boise and Weiser, Idaho.

The mighty 800's—originally they were numbered with just three figures—were the biggest and most powerful steam engines of their type ever built. But they were soon replaced by more efficient diesel engines.

Engine 8444 entered service in December, 1944, running freight between the Pacific Coast and Omaha. It was retired briefly in the early 1950's, then returned as an excursion train in 1958 between Denver, Cheyenne, and Laramie.

Fully fueled (it burns oil to generate steam), the engine weighs 500 tons and is capable of speeds over 100 mph; normal excursion speeds are 60 to 65 mph. On the 70-mile Boise to Weiser run the engine will pull 14 cars, two with observation domes. All seats are reserved and cost $9.50 each.

The engine will be displayed at the Boise depot before and after the trip.

The train is scheduled to leave Boise at 9:30 A.M., reach Weiser at noon, leave Weiser at 1:30 P.M., and arrive in Boise at 3:30 P.M. Entertainment is planned; soft drinks and lunches will be sold.

For tickets, write to The Great Train Ride, Box 1182, Boise 83701.

Geyser of black smoke *pours from engine's stack on excursion run near Boise*

The great outdoors. Coleman lets you be a part of it.

Easily. Coleman's been a part of the great outdoors for over seventy years. Feeling . . . experiencing it. Understanding it so any family can feel right at home in the heart of it.

With tents that are more like canvas cabins. Tents that surround you with dry . . . and a good secure feeling.

With catalytic heaters that deliver safe, unworrying warmth for up to 30 hours at a stretch.

And with the famous lantern. The lantern that won't go out or blow out, even if the weather gets a little mean.

From sleeping bags and tents to stoves and catalytic heaters, Coleman takes care of it all.

Get closer to your country. Go with Coleman right to the heart of it.

Coleman®

Greatest name in the great outdoors.

NORMAN A. PLATE

Guide aims *light to show visitors tiny helictite, rounded flowstone, and sharp stalactites on cavern ceiling*

Fragment *of stalactite shows calcite deposits in barely visible treelike rings*

In the daylight *again, visitors descend pathway from cavern exit*

Across the lake and up the hill to Shasta Caverns

Dotted *line shows ferry route across Shasta Lake to caverns*

Just getting there is part of the adventure of exploring Shasta Caverns, a deep and complex series of limestone caves overlooking northern California's Shasta Lake. You travel first by boat, then by low-geared bus up a steep 800-foot rise to the cavern entrance—a deceptively normal-looking door in the mountainside that leads to startling geological formations [illegible] a million years old.

The caverns' [illegible] world of strange colors and shapes includes small forests of jagged stalactites in different stages of development, coral-like formations, undulating [illegible] flowstone, and tiny, crystalline helictites branching out in all directions.

In the Cathedral Room, waves of drapery-like formations dominate a 100-foot-high chamber like the pipes of a thousand organs. Natural tunnels and shafts twist away from the public areas into deeper regions, many of them unexplored.

The caverns are on the east side of the McCloud River Arm of the lake. Take the O'Brien-Shasta Caverns turnoff from Interstate 5 about 16 miles north of Redding and follow the signs for about 2 miles to the Visitor Center. From there, a ferry leaves for the caverns on the hour from 8 A.M. to 4 P.M. every day (from October 1 through April 30, service is reduced to three daily trips at 10 A.M., noon, and 2 P.M.).

If you have your own boat just dock the caverns landing on the east side the McCloud arm. It's about 4 miles water from Bridge Bay, and it's mark by a sign.

The caverns are easy to negotiate: the tours are guided, and well ligh stairs and tunnels connect the princi vaults. You should wear comforta walking shoes and carry a light swea —it's always 58° inside.

The tour lasts about 2 hours, includi the cross-water trip. Admission is $3 adults and $1.50 for children 3 to years of age. Children under 3 are mitted free.

MEXICO

is warm, friendly people who care about you.

Meet José and Maria. Their sunny smiles and gracious manners are typical of the people who will bid you welcome to Mexico—where tourists are no less than honored guests. In the quiet fishing villages... in the lush beach resorts... in urbane Mexico City. And, wherever your travels may take you, you will find a climate so perfect we can guarantee it.

Come visit us soon. Your dollar buys more in Mexico than any place else in the world. In fact, it will probably be one of the least expensive vacations you've ever had. And the most rewarding.

I'm planning a vacation.
Please send me a brochure on exciting Mexico.

Name

Address

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Mexican National Tourist Council, Dept S-2
[illegible] Wilshire Boulevard, Beverly Hills, Calif. 90212

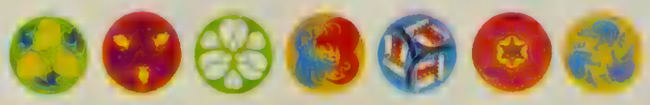
Mexican National Tourist Council
Mexican Government Department of Tourism

Which symbol would you pick?

We tried to choose a symbol to represent 7107 glorious islands. 10,850 miles of unspoiled coastline. 40 million charming people. Our cariño, that special kind of lovingness which is our Airline's policy and our Nation's character. And our magnificent fleet of Islands-in-the-Sky. Now how can we get all that into one symbol? Well, we designed seven, to pick from:

1 The Sampaguita, our national flower. But among our many thousands, why the gentle Sampaguita? **2** Sari Manok. Our legendary bird of plenty. But only one of our private legends! **3** Or Sabong, the Philippine cock fights. Some believe the best cocks descend from those originally smuggled in from Texas. But some say it was the other way around. **4** Vintas! The incomparable sailing vessels of the Moslem seamen in our Southern islands. Each, a work of art. But Manila harbors ships of all the world. **5** Do you know a sixth of the world's seashells come from the Philippines? But our beaches beckon for 1000 other reasons too. **6** The Parol, famous Christmas lanterns. Moving and beautiful—but just one of our wealth of religious expressions. **7** The bald eagle of the Philippines. Strong, bold, afraid of nothing. But he is only one among many!

So how could we choose only one symbol? We couldn't. We chose them all.



Philippine Airlines to the Philippines.
The last great bargain in the Orient.

A. SALBOSA

Ferry passes *tall buildings in Honolulu Harbor on way to Aloha Tower*

Honolulu views from a new ferry

You can now go for some inexpensive sightseeing along Oahu's leeward coastline by riding the SeaTransit commuter ferry. The ferry went into operation in April as Oahu's first experiment in offshore mass transportation.

The *Hawaii*, a 500-passenger vessel, cruises between downtown Honolulu and Ewa and Pearl Harbor areas during peak highway traffic hours.

On the last afternoon run, you can bring a picnic supper aboard and enjoy the Hawaiian sunset. The snack bar serves light refreshments, including beer and cocktails in the afternoon.

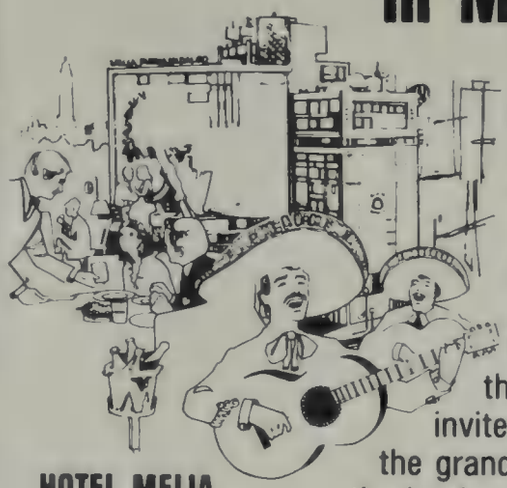
Friday afternoons are special. *Pupu* (Hawaiian hors d'oeuvres) are served and musicians perform. Passengers often join by singing and dancing.

From the water, you can see from Diamond Head to the Waianae Mountains with close views of Honolulu Harbor, Aloha Tower, downtown, Sand Island, and Pearl Harbor. Often you can get a close view of surfers waiting for good waves, or ships entering or leaving the two harbors.

SeaTransit departs from Kewalo Basin on weekdays at 5:05 A.M., 2:45 P.M., and 4:55 P.M. From Kewalo the boat stops at Pier 11 alongside Aloha Tower, Iroquois Point at the entrance to Pearl Harbor, and sometimes Landing Charlie at Pearl Harbor Shipyard. Round trip fare is $2. You can take your bicycle for no extra charge.

The round trip takes from 2 to 2½ hours. To confirm the schedule, call 537-1012. Route maps are available from the Pearl Harbor Boat Tours office at Kewalo Basin. □

MELIA HOTELS of Spain now offer their traditional hospitality and service in MEXICO, too.



In the heart of swinging and fascinating Mexico City, stands this most modern Melia Hotel, the MELIA PURUA HIDALGO. In a refined and genteel social atmosphere, the traditional hospitality of the Melia Hotels of Spain invites the visitor to relax and enjoy the grand way of life, south of the border, down Mexico way...

HOTEL MELIA PURUA HIDALGO

250 beautifully appointed rooms and suites with private bath and TV, all airconditioned, gourmet restaurant, bars, Mexican and international cuisine, dining room, hairdresser, beauty parlor, banquet hall, etc.
Another great hotel in the famous chain of Melia Hotels of Spain.

In beautiful and picturesque San Jose Purua, famous for its mineral springs and health-restoring spas, surrounded by mountains and exquisite gardens, you find the HOTEL MELIA SAN JOSE PURUA. Relax and enjoy the beauty and charm of life, south of the border, down Mexico way...

HOTEL MELIA SAN JOSE PURUA

250 beautifully appointed rooms and suites with Mexican and international cuisine, restaurants, bars, night club, swimming pool, miniature golf, shops, beauty parlor, thermal baths, massage, movie theatre, sports, etc.
Another great hotel in the famous chain of Melia Hotels of Spain.

Melia Hotels

Reservations: **Hetland & Stevens**, 200 East 42nd Street, New York N. Y. 10017 Tel.: (212) TN 7-1450 (call collect) Boston, Chicago, Dallas, Fort Lauderdale, Miami, Toronto * or, **George R. Smith Company**, 6290 Sunset Boulevard, Los Angeles, Calif. 90028, Tel.: (213) 461-3541 (call collect) Denver, Phoenix, Portland, San Francisco, Seattle, Berkeley, Oakland, Sacramento, San Diego, San Jose, Santa Barbara, Vancouver * or **Melia Hotels**, Paseo de la Reforma, 35-804, Mexico 1 D.F., Tel.: 546-86-82 * or **Melia Hotels**, Princesa, 25, Madrid-8, Spain, Tel.: 248 58 00. Telex. 27333, or your nearest travel agent.

In regatta, *light breeze speeds leaders on first leg of triangular course across Alamitos Bay*

In surf, *windsurfer can catch waves too small for surfboards. Or you can surf when there is wind but not waves*

Rounding buoy *to finish race may require deft handling to avert collision. Leeward board has right of way*

The curious sail boards pictured here, developed for the warm surf of Southern California, are now appearing throughout the West. Called Windsurfers, they join a growing number of craft that can be launched from the beach and they reproduce some of the exhilaration of surfing even in calm water.

The idea took shape three years ago. The small, high-performance surfboard was developed for the Southern Cal fornia surf, so why not add a sail to i crease speed or to produce surfing a tion even without waves?

Inventors Hoyle Schweitzer and Jam Drake put together a craft with a ma mounted on a universal joint that loosely set in the board so it won't brea in a wipeout. And they installed a ce terboard that acts like a keel to min

Windsurfing

You sail in surf or quiet water. You can watch races this month at Newport Beach, Mendocino Lake, Seattle

Launching *sequence: Rig sail, set mast base in its slot, and centerboard in slot behind it. Then pull sail up and off you go —sailing or sometimes overboard*

.e sideways drift in the wind.

vorked, and the Windsurfer became first sail board to adapt to surf, ept when waves are so high they cut the wind from the sail.

ıew kind of sailing

its sailing role, the new craft is fast l maneuverable in protected waters, ich appeals to people who are not licated surfers. And it can be raced. the Windsurfers have the same di- nsions, like one-design sailboats, so y the racer's skill makes a difference. der the right conditions they can ch a speed of 20 knots.

ling a Windsurfer is different from ing a boat, and it takes some dunk- to learn. You hold the sail upright l manipulate it by means of a wish- ıe boom.

u steer by changing the board's di- tion with your feet, and you move front of the mast to change from one k to another. When you go over, the l drops into the water; you raise it with a line attached to the mast.

The parts are all demountable, carry on a cartop rack, and can be assembled in a few minutes. The board weighs 37 pounds of the total 60 pounds. The basic price is $365 for a polyethylene board or $448 for a fiberglass one.

Regattas, Newport Beach to Seattle

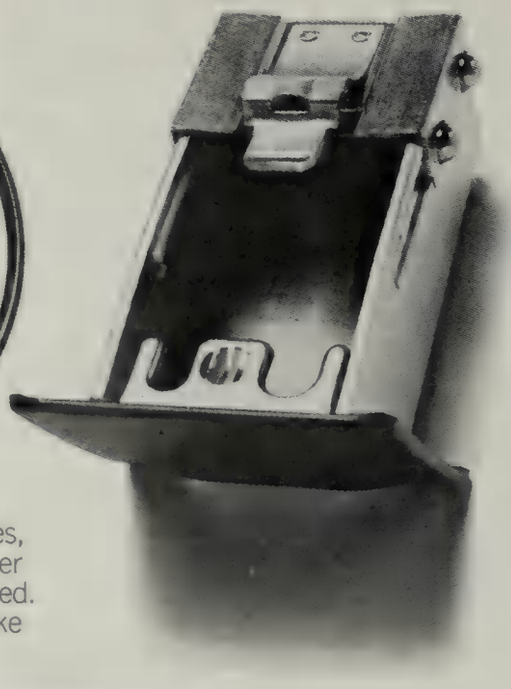
The Windsurfing Association, 317 Beirut Ave., Pacific Palisades, Calif. 90272, is the chief source of information on this craft, including location of dealers. It has fleets in Washington (6 regattas this year), northern California (12 regattas), and Southern California (18 regattas). Typical racing locations are Seattle lakes, reservoirs of California's Central Valley, Southern California harbors, Havasu Lake on the Lower Colorado.

The season is year around in Southern California. Regattas are held every month except December; in January they resume with a 10-mile trophy dash at sea from Malibu to Santa Monica amid the migrating gray whales.

The other regattas are held in more sheltered water. You can watch one at Newport Beach, at 15th Street on the bay, on September 10; at Long Beach, foot of Cherry Street, on October 15; and at Alamitos Bay, at the beach along Ocean Boulevard, on November 5. Starting times are 11 A.M. to noon.

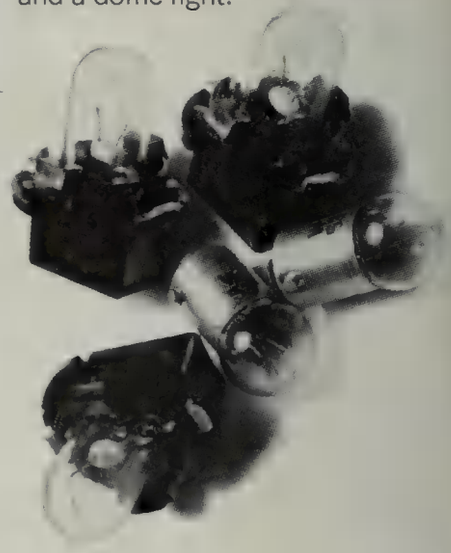
Elsewhere this month the racing season ends with regattas at North Shore Marina, Mendocino Lake (near Ukiah, California) on September 2 and 3; and at the Corinthian Yacht Club on Lake Washington in Seattle, September 24. □

We'll give you what everyone else gives you in a pickup.

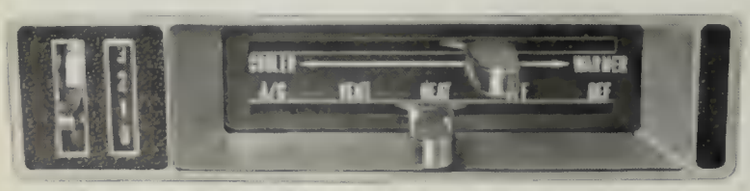


Standard things like an ashtray.

And little optional niceties like a parking brake warning light, a dual electric horn, a padded horn button, glove compartment lock and a dome light.



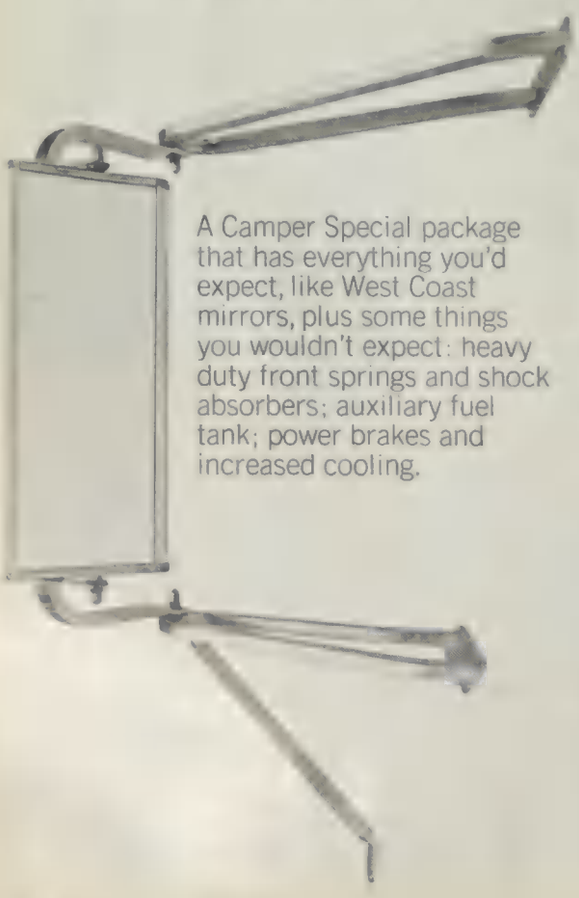
Options like power steering, power brakes, an automatic transmission plus four other kinds of transmissions including a 5-speed. Four wheel drive. And standard things like a smooth ride and easy handling.



Optional air conditioning to keep you comfortable.

Optional tinted glass.

Optional color-coordinated interiors and exteriors, deep-pile carpeting and even a vinyl roof.

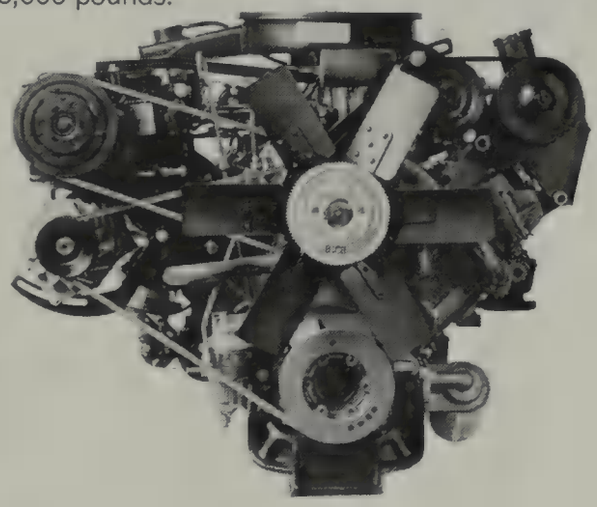


A Camper Special package that has everything you'd expect, like West Coast mirrors, plus some things you wouldn't expect: heavy duty front springs and shock absorbers; auxiliary fuel tank; power brakes and increased cooling.

Optional AM radio. Or, a step further: optional AM-FM radio.

We'll also give you what no one else gives you in a pickup.

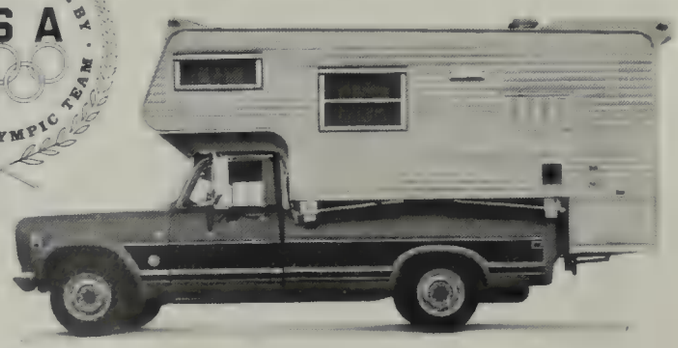
A choice between two V-8 engines that are *really* truck engines: our 345 and 392 V-8's. Both are used in our bigger truck, the LOADSTAR.® And it's used to haul up to 65,000 pounds.



Service like you've never seen before. There are over 3,000 INTERNATIONAL® dealers coast to coast. And because they're used to handling trucks, their service doors are big enough to admit even the tallest camper rig made.

Another thing no one else can give you is a pickup selected for use by the U.S. Olympic Committee. The International 1210.

SELECTED FOR USE BY THE U.S. OLYMPIC TEAM · USA



A dealer who knows how to match a pickup to its job. Working with your particular needs and the longest option list in the industry, he can give you exactly the pickup you need. No more. No less.

International. The truck-built pickup.

INTERNATIONAL HARVESTER COMPANY • CHICAGO, ILLINOIS 60611

R. WENKAM

Belching a *soot-stained cloud, No. 484 grinds to a halt as engineer whistles shrill challenge to cattle blocking track at bend ahead*

Over a 10,000-foot Colorado pass . . . tunnels, hairpin turns

Sixty-four miles of narrow-gauge tra a four per cent grade through a 10,0 foot mountain pass, a cliff-hanging tr sit along a 1,300-foot-deep gorge, p trestles, tunnels, and hairpin turns— add up to what may be the most sp tacular mountain railroad in No America.

It's the Cumbres & Toltec Scenic R road, an excursion line that premie last summer over an abandoned ro of the old Denver & Rio Grande W ern Narrow Gauge between Anton Colorado, and Chama, New Mexi Steam-powered 2-8-2 Mikado-type lo motives haul passengers in convert open-windowed box cars outfitted w individual, contoured passenger seats

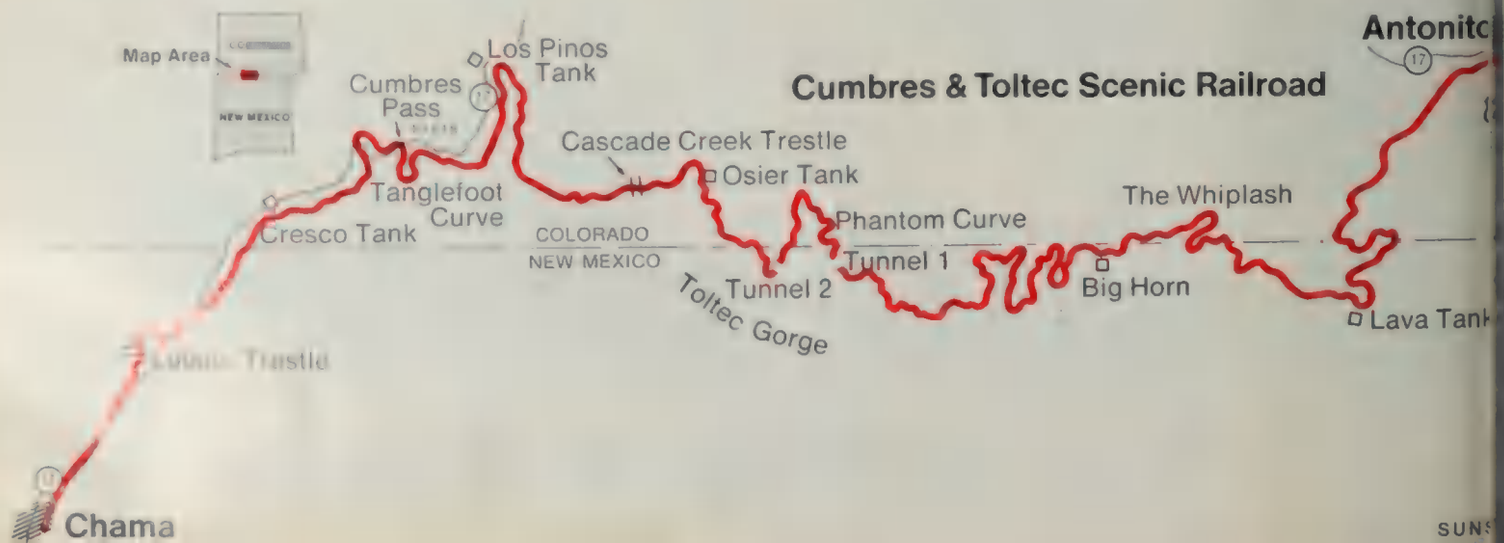
The C&T operates each Saturday, S day, Monday, and Tuesday throu September 30; Saturday and Sun only October 1 through October 15.

Because the 64-mile train ride takes better part of a day and is one-way or the fare of $13.50 per person ($4 youngsters under 12) includes one-w bus service between Antonito Chama: If you drive your car to the parture depot, the bus will return you your car in the afternoon; if you d to the terminal depot in the morning, bus will take you to the departure de

During the four-times-a-week sum schedule, the train leaves from Anto each Sunday and Tuesday at 10 A Passengers parking their cars in N Mexico board an 8 A.M. bus in Cha for the two-hour drive to Antonito. train arrives in Chama at 4 P.M., those passengers who left their cars Colorado return by bus, arriving b in Antonito around 6 P.M. On Saturd and Mondays, the train leaves fr Chama at 10 A.M., with bus service fr Antonito at 8 A.M. and the return to Chama leaving Antonito at 4 P.M

In October, the train leaves from Cha on Saturdays, Antonito on Sundays.

For a reservation form, write to Cu bres & Toltec Scenic Railroad, Box 7 Chama, New Mexico 87520 or t phone (505) 756-6411.



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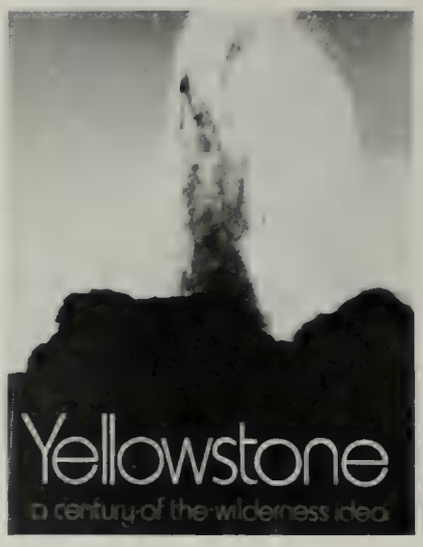
Scotties® salutes our beautiful country with regional accents for your home.

Scotties Facial Tissues pays tribute to our beautiful country with five new beautiful picture boxes! The glorious Southwestern desert, autumnal New England, the South in full flower, the golden wheat fields of the Mid-West, and the majestic Far-Western mountains are all captured in breathtaking color photographs artfully designed to mix with or match your decor. Each box contains 125 fresh white Scotties, the soft, strong facial tissue. The Rediscover America series—a beautiful new decorator idea from Scotties.

The oldest park
. . . as it began
and as it
is today



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A new book timed to the National Par Centennial tells the past and prese story of our first national park. It's *Ye lowstone: A Century of the Wilderne Idea,* by Ann and Myron Sutton (Th Macmillan Co., New York, 1972; $25

The book's 220 pages are large siz (9½ by 12 inches) and 72 of its 13 illustrations are in color. One of th book's major assets is the natural beaut of Yellowstone National Park itsel Photographs show erupting geyser serene lakes, bubbling mud pots, hig country, and the variety of life. Text tel how the park was formed geologicall and much of the book is devoted to th park's delicate balance of nature.

But perhaps the most fascinating sectio deals with the past—the park's early ex ploration, and how the national par experiment evolved into an idea that ha since spread throughout the country an the world.

Photographs dating back before the tur of the century show the primitive trave ing conditions that challenged early vi itors. Text and pictures reveal that eve early park administrators had problem maintaining Yellowstone's natural con dition. Park animals were shot for spor objects thrown into hot springs, an geysers chemically coaxed to prem ture eruption. Squatters staked claims i the park, hotels were built too near a tractions, and animals were herded an fed for the benefit of tourists.

As the national park concept becam more clearly defined, park people halte these and other destructive activitie They realized the best form of wildlif management was to preserve the natur ecosystem by leaving animals alon

It's difficult to predict what will happe to Yellowstone or any other park du ing the next hundred years. But the boo points out some of the swiftly changin current thinking: "If human influence become detrimental to the environmen the activities of human visitors, rathe than those of native wildlife, will hav to change."

Early visitors *drove through massive park entrance on unpaved road*

Now there's a Corning Range you use with your pots and pans. And one you use with our pots and pans.

The one that's best for you depends on the kind of cooking you do.

Great cooks come in two varieties. And, happily, so do Corning ranges.

There's the Corning Family Counterange™ electric range. Then there's our Gourmet Counterange electric range. And before you jump to any conclusions, you owe it to yourself to read about both.

The Family Model. For just plain great cooking.

If you're the kind of cook who built her reputation on great pot roast, Aunt Sally's special split-pea soup, and a scrambled eggs surprise that leaves your husband ecstatic and your mother-in-law jealous, the Corning Family Counterange model is for you.

We don't have to carry on about how beautiful it is. Or how easy it is to clean. One glance tells all.

Instead, we'd like to talk a little more about Aunt Sally's pea soup. Funny, but it always seems to taste better when you make it in the old enameled pot Aunt Sally herself bequeathed you.

Which should give you a clue as to why Corning spent a fortune developing the Family Counterange model.

It lets you use just about every pot and pan in your kitchen. Not just flat-bottomed ones; but practically any pot and pan you have around. Stainless steel. Cast iron. Aluminum. Copper. Glass.

Of course, there's more to our Counterange model than a versatile cooking surface. There's also an extra-big oven. Big enough, in fact, to hold three 8-inch cake pans on one shelf.

And, of course, it's self-cleaning. Now, in this day and age there's nothing surprising about a pyrolytic self-cleaning oven. Except when ours self-cleans, it stays cooler on the outside than just about any other oven around.

And the inside doesn't only stay clean; it stays beautiful. Because it's got two coats of a special porcelain enamel finish that will keep it looking brand new.

So much for our Family Counterange model.

Now let's see how the Corning Gourmet model earned its name.

Our Gourmet Range. It's even more fanatical about cooking than you are.

The Corning Gourmet model is more than a range. It's a complete cooking system.

If you've ever struggled to keep a hollandaise sauce from curdling, a boeuf bourguignon from scorching, or a nice, puffy omelette from falling flat on its face, this remarkable range can change your life. In fact, it can make cooking easier even if you never attempt anything more complicated than Southern fried chicken.

The secret is heat control.

Precise, incredibly accurate heat control.

We've achieved it by giving each cooking area its own special thermostat.

But there's another reason, and a particularly beautiful reason at that. Our Cookmates™ cookware.

These glistening white pots and pans are specially constructed for use with our flat cooktop. The result is no hot spots. No cold spots. And no wavering of temperatures.

A simmer stays a simmer. And a rolling boil rolls merrily along, and not messily over.

Naturally, you don't have to go out and buy our Cookmates cookware. A starter set comes with every Corning Gourmet range.

Of course, it has the same sensational oven as our Family model. And, just so you have a complete choice, both our Family and Gourmet series come in a built-in version—The Counter That Cooks™ cooktop—with single or double wall ovens to match.

A fact about service. No, make that two facts.

There are two important things you should know about service on your Corning range.

First, it's there when you need it. Because there are about two thousand Corning service agencies throughout the country.

And second, you'll probably never need it. Because Corning invented smooth-top cooking. Which means we know how to build a better smooth-top range than any one else around.

For more information, see the Yellow Pages under "Ranges." Or write for a complete brochure. *Corning Major Appliances*. Dept. 37-S, Corning, N.Y. 14830.

CORNING

Counterange, Cookmates and The Counter That Cooks are Trademarks of Corning Glass Works, Corning, N.Y.

A. SALBOSA

Pagoda, *50 feet tall, is a modern replica of ancient original in Nara, Japan. A Japanese shop is located inside*

Artist sculpts *hau wood with modern tools. Other arts and crafts are also demonstrated at Rainbow Bazaar*

Waikiki's new bazaar . . . Pacific crafts, eating, architecture

A new international shopping complex in Honolulu offers quality items for sale from Polynesia, Japan, Hong Kong, and Southeast Asia as well as local goods. Located in Waikiki on the grounds of Hilton Hawaiian Village, it's called the Rainbow Bazaar.

You'll find more than 40 specialty shops at the bazaar, which covers more than an acre. The buildings were either imported from the country and culture they symbolize or were built on Oahu with close attention to authentic detail.

In a plantation-style building is a museum called Hawaii 1800, where you can see a fine collection of nineteenth century Hawaiiana, including personal possessions of the kings and queens who once ruled Hawaii.

Prominent and interesting structures at the bazaar include a 140-year-old Thai temple, a 400-year-old farmhouse from the Kyoto area of Japan, a Japanese pagoda built from 2,000 little wood blocks, and a Fiji Islands hut made of palm fronds and bamboo.

Among the items for sale are Thai silk and cotton, Japanese kimonos, Polynesian print fabrics, antiques, seashells, lacquerware, as well as fine jewelry of jade, opal, coral, and Hawaiian seeds and nuts.

The bazaar also has a Japanese steak house, a seafood restaurant, and a shop that sells Chinese food, pastries, and confections.

Craftsmen demonstrate their skills weekday mornings. There's a hula show at 7 P.M. Tuesdays and Saturdays, and Far Eastern dancing at 7 P.M. Fridays.

If you're using an automobile, park in the Hawaiian Village garage, 2005 Kalia Rd. Most stores are open from 9 A.M. to 9 P.M. daily (the museums and restaurants have different hours). □

Authentic *Thai temple and Pacific plantation-type veranda at far left indicate bazaar's architectural variety*

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Thailand is the opulent golden heart of Asia. And that heart is soft and warm too. The Thai tradition for gentleness, for hospitality, for being happy is world famous. Come and experience it.

And in the midst of all this splendour there's modern comfort-restaurants and hotels that are amongst the best in the world. And quiet places with cool shady trees to sit under and ponder and be refreshed.

Yes, come to Thailand. The glittering, golden heart of Asia. The Kingdom of The Land of Smiles.

I want to find out more about the golden heart of Asia-Thailand. Please send me all the details.

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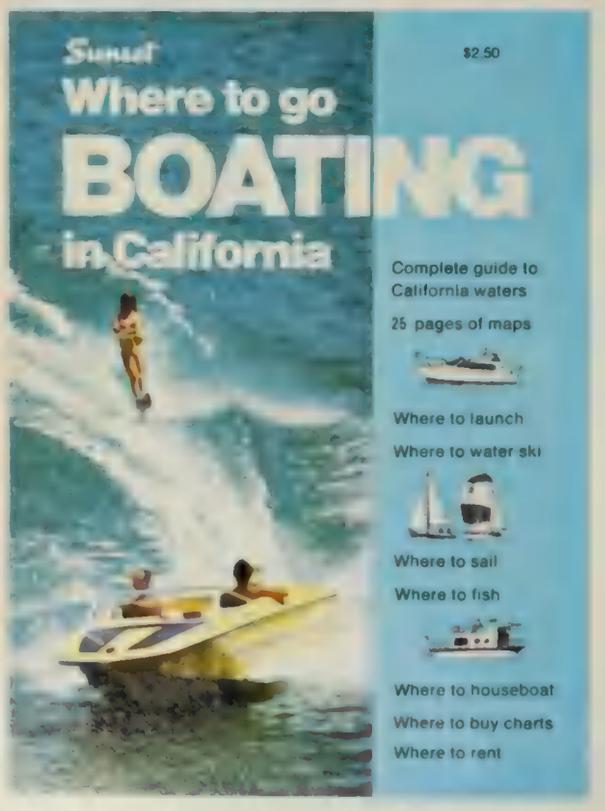
Attention:

boat owners, sailors, water skiers, fishermen

This is your guide to good times on California's lakes, rivers, reservoirs, bays



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This tells you which parks and campgrounds are open

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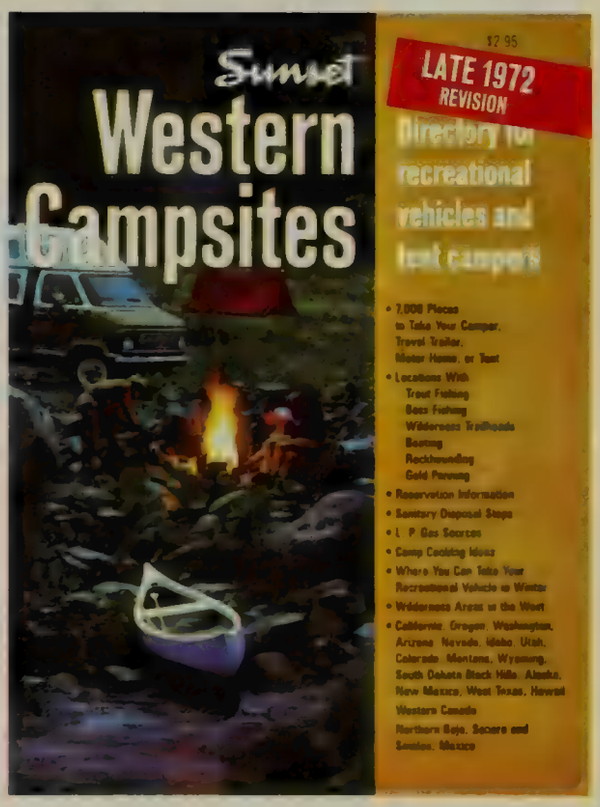
'ou'll find this the most complete directory ever compiled, 354 pages including covers). It should save you many hours planning your trip, nd wipe out any worries you might have on the road, wondering where you'll spend the night. Only $2.95.

* Added this year: South Dakota Black Hills, West Texas and Sinaloa (Mexico).



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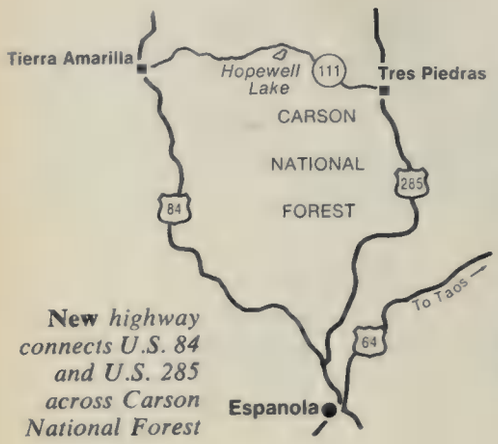
New link-up in New Mexico



New highway connects U.S. 84 and U.S. 285 across Carson National Forest

JOHN V. YOUNG

State Highway 111—*this section now paved—cuts through an old homestead*

A new highway in northern New Mexico now forms a scenic link between U.S. Highway 84 and U.S. 285, major north-south arterials.

In addition to eliminating what has always been a circuitous detour for east-west motorists, this new extension of State 111 opens up a delightful stretch of high meadows (almost 8,000 feet in elevation) and gently rolling hills mantled with scattered stands of tall, fragrant pines. Much of the way you're in Carson National Forest. Numerous streams and small rivers drain this well-watered rangeland, and although the region is splendidly unpopulated today there are weathered relics of abandoned towns, mining camps, and homesteads at every turn of the way.

The designation of State 111 is a temporary one. It's destined to become an extension of transcontinental U.S. 64. The most recently completed section leaves U.S. 285 at Tres Piedras, winds 50 miles west across a remote and pastoral section of upper Rio Arriba County, and joins U.S. 84 at Tierra Amarilla.

From the small village of Tres Piedras the highway climbs westward across a rocky saddle then heads northwest along the Rio Tusas (named for a colloquial New Mexican word describing the whistle of a prairie dog). Twenty miles from Tres Piedras is Hopewell Lake, a popular trout fishing reservoir on Placer Creek. The reservoir (at an elevation of 9,800 feet) was developed and stocked by the New Mexico Game and Fish Department and is now administered by Carson National Forest.

There are no developed campsites at the lake, but local fishermen frequently park their travel trailers and campers beneath the tall pines that shade its shore. Small boats are allowed but motors are prohibited. Nearby are the sites of old mining camps at Bromide, Good Hope, Iron Mountain, Dixie Queen, and Red Jack.

West of Hopewell Lake, the new road swings up several wide switchbacks to a summit at 10,300 feet. Strategically placed turnouts afford spectacular views of the Rio Brazos Badlands and Brazos Peak. This stretch of highway also offers several rather elaborate roadside rests, complete with A-frame shelters, picnic tables, fire pits, and chemical toilets.

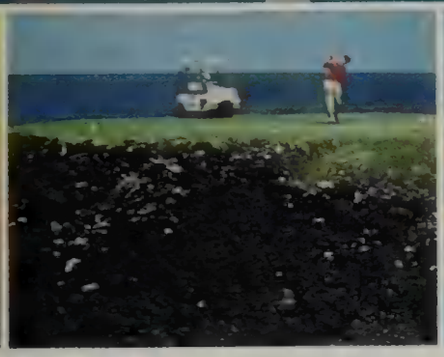
Once over the summit, the road winds down across the Rito de Tierra Amarilla and along the south rim of the river gorge toward Tierra Amarilla.

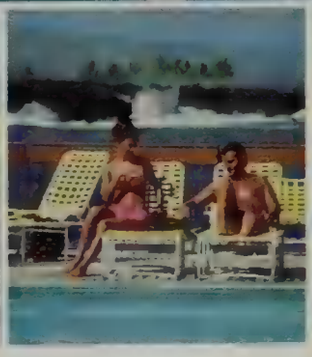
Eleven miles east of Tierra Amarilla is an elaborate, 700-acre campground complex under construction. The campground now offers facilities for tent and vehicle campers.

The new highway meets U.S. 84 at Tierra Amarilla, and for the moment ends there. □

THE KONA SURF

QUITE POSSIBLY HAWAII'S MOST BEAUTIFUL RESORT.





All by itself the magnificent Kona Surf is reason enough for you to enjoy Hawaii this fall. It has been called Hawaii's most beautiful resort. And with good reason. It faces the broad blue Pacific and snuggles against peaceful Keauhou Bay. There's a championship golf course and three championship tennis courts. There are art treasures around every corner and a feeling of gracious elegance wherever you turn. Just being in Hawaii is special. Being at the Kona Surf is something else. . . and it's waiting for you now.

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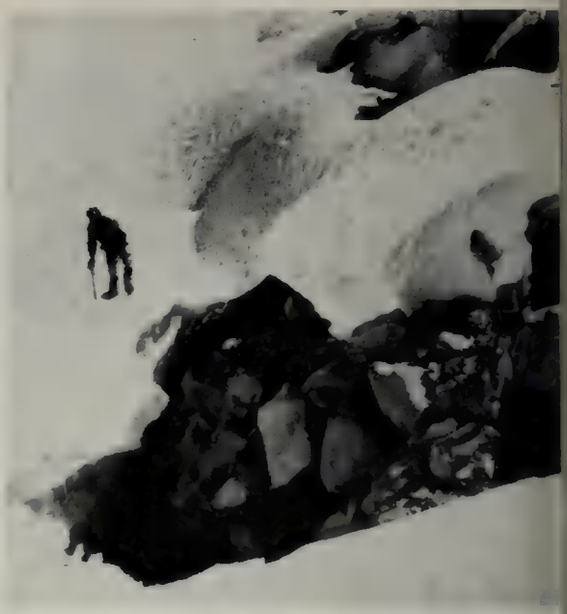
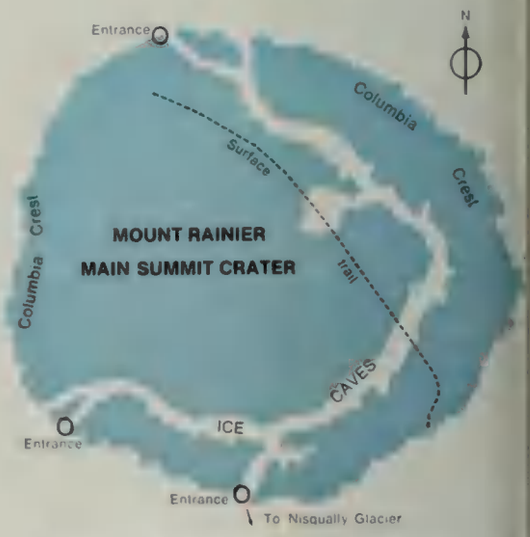
Like a huge dollop *of whipped cream, the sculptured wall of an icy cavern on Mount Rainier arches above spelunker. Photographer's equipment lights cave*

KEITH GUNNAR



Mountaineers *examine entrance to one of underground ice caves on south rim of main summit crater*



Ice caves *atop Mount Rainier circle three-quarters of way around main summit crater. Best entrance is on south rim above the Nisqually Glacier*

On top of Rainier, ice cave exploring . . . a new adventure

One of the most intriguing geological spectacles in Mount Rainier National Park lies hidden beneath snow and ice up to 500 feet thick on the mountain's main summit crater. A series of ice caves, with walls and ceilings like frozen spindrift, form a mile-long passageway three-quarters of the way around the crater's rim.

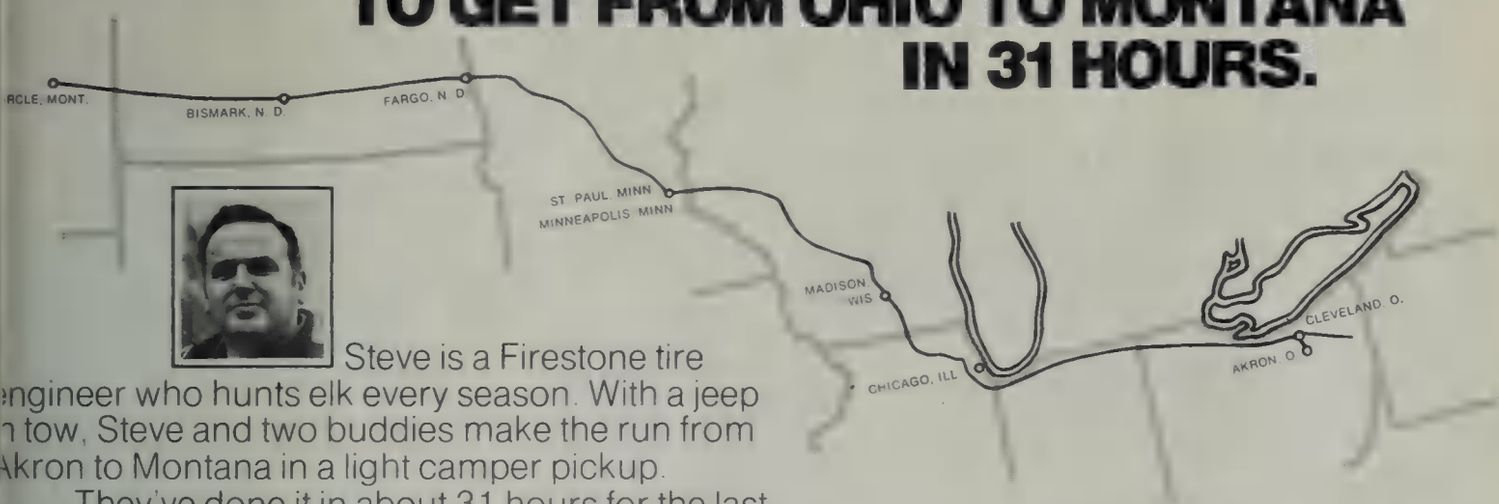
Although Rainier is a dormant volcano, subterranean fires heat rocks and release steam near the summit, which in turn melts more snow and ice and forms the caves. Some caves were discovered more than a century ago, but were not really explored until 1970 when mountaineers learned that they could cross the main crater entirely under ice.

Inside, the caves are totally dark, and powerful flashlights are required to see much of anything. In combination with the audible hissing of steam vents, the darkness is eerie. Although some of the caves are so small you must stoop or crawl, most are large enough for upright walking. And sometimes a passageway will open into a magnificent chamber 50 feet across and half as high.

Obviously these caves aren't for everyone. You have to climb Rainier just to get there. But hundreds of people with no previous climbing experience make it to the summit every year under the supervision of the park-approved guide service, Rainier Mountaineering, Inc., 201 St. Helens St., Tacoma 98402. The guide service will take you into the caves as far as you want to go at no extra charge. A one-day mountaineering course and two-day summit climb costs $70. You must supply your own clothing and climbing gear, some of which can be rented.

Independent climbing parties can also enter the caves, but are advised by the Park Service to carry at least two dependable light sources per party and extra batteries and bulbs. No one should enter the caves alone. □

STEVE PETRASEK HAS A SYSTEM TO GET FROM OHIO TO MONTANA IN 31 HOURS.



Steve is a Firestone tire engineer who hunts elk every season. With a jeep in tow, Steve and two buddies make the run from Akron to Montana in a light camper pickup.

They've done it in about 31 hours for the last nine years. Because they've systemized things down to the last spare bolt: Two-hour driving shifts, fuel records, and food and gear allotments figured to the final fresh egg.

The tires they'll be using next season are a natural part of this computer-like approach.

Firestone's Wide Oval Tire System for campers. Here's how it works:

On the front, you put Firestone's Transport 500 Wide Oval® truck tires. They're the *steering* part of The System. They have a wide, wide tread that grips the road to deliver more mileage under normal conditions than the tires they replaced in our line. (The Transport Wide Oval.)

On the rear, you put Firestone's Traction All Season™ Wide Oval™ truck tires. They're the *drive* part of The System. Their computer-designed tread lets you run along at turnpike speeds, then pull off the road (even into snow or mud or sand) and keep on going.

Two pairs of Firestone tires teamed together to provide your camper with stability, traction, and long tire life.

They work! Take it from Steve (write to him C/O Firestone, Akron, Ohio 44317 for more information). Or ask your local Firestone Dealer, the man with The System.

The Wide Oval Tire System for Campers.

Firestone

"Ships *of the desert" kick up dust as crowd cheers for their clumsy favorites*

Camel races coming up in Virginia City

Camel jockey *urges beast onward past spectators seated on old locomotive*

CECIL HELMS

In the 1860's pack train operators tri using camels to haul salt to the min camps near Virginia City, Nevada. B the obstreperous beasts proved unfit f the job. The miners incidentally fou another use for them. They held a ra

The tradition of the camel race has be revived during the past 12 years, a you can see camels—and ostriches— the race course in Virginia City Septe ber 8, 9, and 10. The camels compete the 150-yard track at 11 A.M. Then tw ostriches take the field, each pulling manned cart and guided by a broom. T races alternate, and continue througho each day.

Some bleacher seating is available, b most spectators line the streets for parade September 9 at 10 A.M., and t daily races.

Checkered *blindfold over its head, ostrich is attached to cart and ready to walk to starting gate*

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Remember where you were when your folks were ready to head home from the lake?

You were hard to find, but for a very good reason. You didn't want to leave. You'd had such a good time you didn't want it to end.

Today times have changed. *But kids haven't.* They're just as hard to pull away from a lake as you were. Because they have just as much fun there as you did.

What's changed is that in Northern California today it's a whole lot harder to find the friendly lake your parents found for you.

We've a way to make it a little easier, our recreation communities. They're based on the notion that families today, like never before, have to get away to get together. They offer their members all sorts of family-style activities—golf, tennis, swimming, boating, fishing, hiking.

But, more important, they offer today's family a retreat. A quiet, peaceful, natural place, where time marches to your tune and neighbors are friends.

We've four recreation communities serving Northern California. The recreation facilities are in and lots of very nice people are making full use of them. And they're all within easy reach of your home.

Hidden Valley Lake is in Lake County, 25 miles above Calistoga. It's just 90 miles from the Golden Gate. But it's a world away from the pressures of the day.

Lake Wildwood is twelve miles west of Grass Valley in the California you read about in school, historic Nevada County.

Pine Mountain Lake nestles unobtrusively among the ageless pines of Tuolumne County, just 26 miles from Yosemite.

Incline Village sits in a vast natural amphitheater, along Lake Tahoe's wooded north shore.

The choice is yours.

Regardless which you select, your family retreat starts with a homesite. We'll sell you the homesite or lot. We can build your vacation home if you want us to. And we'll help you find financing.

We'll also send you one, two, three or four rather unusual booklets that describe in great detail each of our four communities and their recreational facilities. They're long (12 pages). They're comprehensive (more facts and figures than pretty pictures). But after you've read on, you'll know what you need to know to decide if the community it describes makes sense for your family.

The coupon below gets you as many booklets as you want.

Send it along. Today.

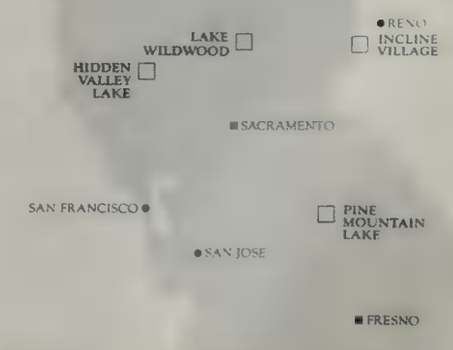
Your kids are only young once.

Boise Cascade Recreation Communities

Nice places to love.

Equal Housing Opportunity

Developed by Boise Cascade Home & Land Corporation.



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Please send me your comprehensive booklet on (check as many as you like).

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SCALE: ¼" Equals approximately 50 miles.

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Royal Hawaiian Hotel

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EARL SPENDLOVE

Chimney Rock, *one of many stone pinnacles, soars up 100 feet from Kodachrome Flats*

The short cut through Kodachrome Flats

Scenic back roads often have a way of going nowhere, but here's an exceptionally scenic back road in south central Utah that actually offers a short cut between Bryce Canyon National Park and Glen Canyon National Recreation Area. The short cut is the Kodachrome Flats-Cottonwood Canyon road—unpaved but well graded. It heads south from State Highway 12 at Cannonville and winds about 45 miles through one of the most scenic sections of the state, joining U.S. 89 just west of Glen Canyon City. Although the road saves you about 7[illegible] miles over the usual route along U.S. 89, it probably won't save you any time. The splendors of Kodachrome Flats and Cottonwood Canyon are sure to slow you down.

Grosvenor Arch *is 152 feet high, almost 100 feet across*

Kodachrome Flats, recently designated as Chimney Rock State Park, is about 6 miles south of Cannonville. Although the park is still undeveloped, a 2-mile side road winds off between the eroded cliffs and great stone chimneys, and there are numerous natural camps where you could pitch a tent or park a trailer or camper.

South of Chimney Rock, the road continues through Cottonwood Canyon. 5

The fun never sets in Beautiful British Columbia

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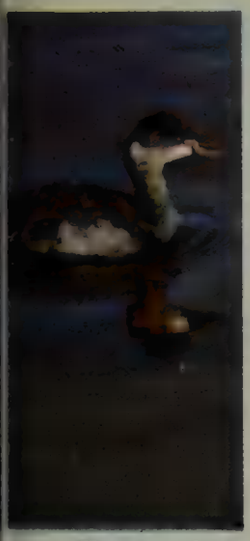
DON NORMARK

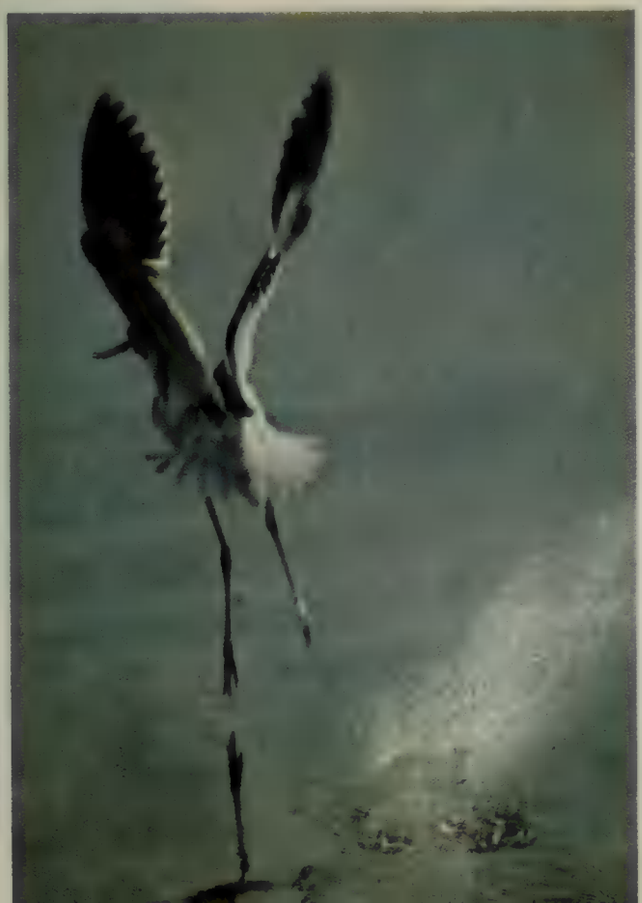
The grand bird watch

The greatest congregation of ducks and geese known on earth takes place each autumn on the Oregon-California border. You are invited

Hundreds *of Canada geese rise in a whirring throng as mule deer approach through grain stubble of Tule Lake Refuge*



Eared *grebe in winter plumage—it's lost the earlike head-feathers of summer—takes sun in Lower Klamath Refuge*



American *avocet takes off to expose black bars on inner white wings—a good clue for identification*

Each fall millions of waterfowl moving south along the Pacific Flyway funnel into the lakes and wetlands straddling the Oregon-California line. Many began their flight north of the Arctic Circle. Some will end up south of the Mexican border. They make the major stopover of their migration here in the Klamath Basin—one of the great places in the world to watch birdlife.

Five national wildlife refuges in the Klamath Basin host the varied throngs of migrants: mostly ducks, geese, and swans, but also pelicans, cormorants, terns, phalaropes, stilts, avocets, curlews, cranes—altogether a total of 250 species during the year.

Their numbers sometimes are almost beyond belief.

It isn't unusual to see twenty thousand snow geese or Canada honkers burst upward together amid a roar of beating

DOUG WILSON

wings loud enough to drown their constant calling.

By the end of the year, most of the migrants have moved on. But even during midwinter in this bird-rich country, you'll see hawks and eagles circling high overhead and, lower down, owls scouring brushy patches for small prey.

Each of the five refuges provides a slightly different habitat.

Lower Klamath and Tule Lake refuges lie close to each other, between U.S. Highway 97 and State 139. Together they make up the heart of the Klamath Basin Refuge System: Their diked waterways, marshes, and federally-managed grain fields are magnets for vast flocks of migratory waterfowl.

Both refuges offer splendid opportunities for seeing birds. At refuge headquarters on Tule Lake, you can pick up leaflets that describe all five refuges and also maps and a bird list.

The two refuges have more than 150 miles of gravel roads along their dikes and more miles of roadless dikes that you can walk. These roads and trails put you into close, lonely proximity with birds. The leaflets are your guide. They not only help keep you from getting lost, they tell you where you must not trespass.

Autumn is the lively season at these tw refuges. Days typically are warm ar bright, nights and mornings cool, stubb fields golden. Skeins of ducks and gee approach in long wavering V's as the prepare to land. Chinese pheasants wh out from shoulder-high grass as you g by in your car.

Tule Lake Refuge contains two sizab sheets of water joined by a narrow chan nel and surrounded by fields. On i 36,000 acres (13,000 acres of wate thousands of Canada geese, rudd ducks, redheads, gadwalls, pintails, ci namon teals, and mallards congregat Trees along Hill Road mark the origin shoreline of the lake; look here fo meadowlarks, blackbirds, swallows, an songbirds.

To the west rise the bare, rocky slope of Sheepy Ridge, the range of hills th divides Lower Klamath from Tule Lak Water is pumped from the lake throug Sheepy Ridge to replenish the wate ways of the larger Lower Klamat Refuge.

Lower Klamath, historically the fir refuge of the group, was established i 1908 under President Theodore Roose velt and is now a national historic lan mark. Once it was a huge marshy lak now it's a system of dikes and canal

Gaggle *of goslings follows handsome Canada geese parents on Tule Lake. They seem unafraid of nearby onlooker on dike with camera*

Slender *legged avocets wade along shore. They skim water surface, eat insect larvae*

Shore bird's *nest with clutch of [illegible] is hidden only by marsh [illegible] Klamath mud bar*

DON NORMARK

Golden eagle, *broad wings [illegible]ping, comes in for landing at Lower Klamath Marsh*

Short-eared *owl—often out in the day—rests in winter snow between hunting flights*

ıanaged marshlands, and grain fields—ɔout 47,000 acres in all. Behind the ıanmade nesting islands and the ridged dikes, Mount Shasta looms to ɔminate the southwestern skyline. You ın make a one or two-hour automobile ıur of the refuge. Signs beginning at ıe entrance show the routes.

hird refuge is Clear Lake. The big ıallow reservoir is cut nearly in half y a 5,000-acre tongue of land. Sage ouse nest on this peninsula, and it is ɔme base for the Clear Lake antelope erd, the last such native herd in Cali-ɔrnia. Clear Lake is also the breed-ıg ground for a resident colony of hite pelicans. Some Canada geese and ild ducks, mainly dabblers like mal-rds and gadwalls, nest here too.

lear Lake lies about 25 miles south ıd east of Tule Lake. A black topped ɔad off State 139 taps into its southern ıd. A narrow ungraded road comes in ı the north, but it is not passable after eavy rain or snow.

ourth refuge is Upper Klamath, 15,000 cres around the northwest shore of lamath Lake, about 30 miles northwest f Klamath Falls off State 140. It is a atural marsh margined by bulrushes nd cattails. As the ground rises, wil-ɔws fringe the marsh, then aspen groves, and finally open ponderosa pine forest. The marsh of semi-floating peaty soil is interspersed with potholes of water. Lily pads float in more open areas. White pelicans like it here. So do great blue herons, black crowned night herons, cormorants, and a small colony of egrets. At the edge of the woods, look and listen for ruffed grouse and mountain quail.

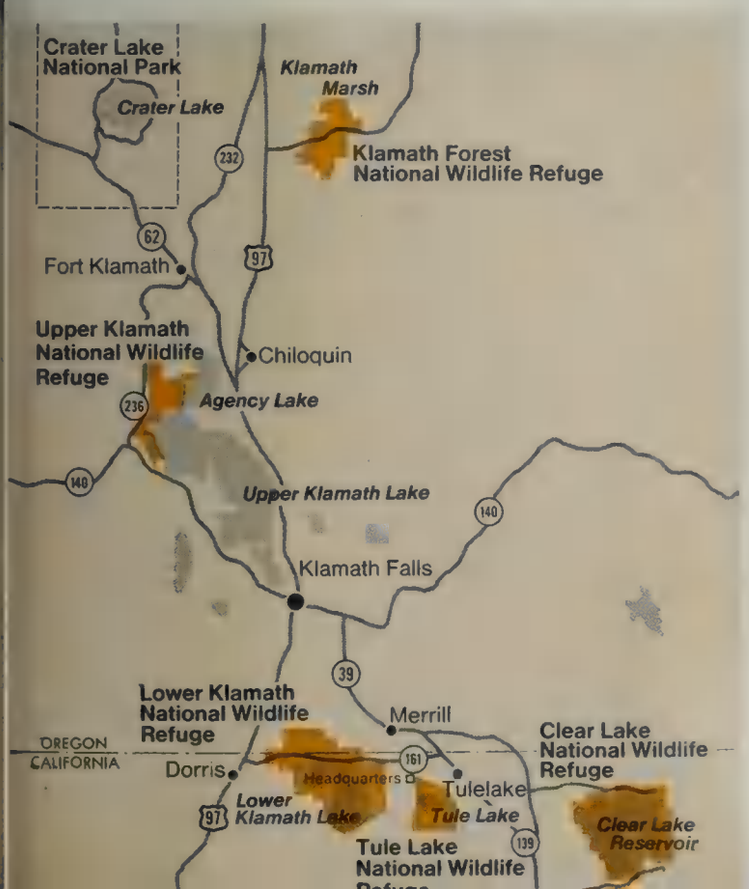
Northernmost is Klamath Forest Refuge, 45 miles above Klamath Falls and about 10 miles east of U.S. 97. For more than 100 years the region containing this refuge has been known as the Klamath Marsh. The Williamson River is the marsh-maker, meandering about in myriad shallow waterways, which divide the flat plateau land into grassy hummocks.

Klamath Marsh is the first Klamath Basin stop on the Pacific Flyway for birds heading south. But most birds soon push on to the warmer refuges in the Lower Klamath Basin where grain is grown to furnish them food.

Like Clear Lake and Upper Klamath, this 15,000-acre refuge is remote and high, well over 4,000 feet. Meadowy shores merge into open pine woods along its eastern side. The rare greater sandhill crane comes here and also the Wilson snipe.

In the woods, you'll hear the songs of warblers, and you may glimpse a tiny calliope hummingbird, a pygmy nuthatch, or a solitary vireo.

Just half an hour off U.S. 97, very good bird watching



Where to stay

You can find motels in Klamath Falls, Tulelake, and in other small towns in northern California and south-central Oregon. Hunting season from about mid-October to mid-January may result in some crowding. Lava Beds National Monument, adjoining Tule Lake Refuge, is open all year to campers.

The turnoff to Crater Lake National Park, open to campers from June to mid-September, is on U.S. 97 in Oregon. Two Oregon state parks are convenient to Upper Klamath and Klamath Forest refuges: Jackson F. Kimball Park, 5 miles north of Fort Klamath on State 232; and Collier Memorial Park, 30 miles north of Klamath Falls on U.S. 97. To locate National Forest camps off the highway in Oregon, pick up a map at Winema National Forest headquarters in Klamath Falls or at the ranger station near Chiloquin, Oregon.

To enjoy seeing birds

Binoculars are almost a must. Borrow extra binoculars if you can, so that more than one party member can look at a time. If you own a camera with a telephoto lens, you're in luck. A long lens makes extraordinary pictures possible.

Several good field identification books are available in paperback and help enormously. Two good ones are: *Field Guide to Western Birds*, by Roger Tory Peterson (Houghton Mifflin Co., Boston, 1961; $3.95); and *Birds of North America* (Golden Press, New York, 1966; $3.95). The USDA pamphlet *Ducks at a Distance* describes flight patterns, shows duck silhouettes; it's 25 cents from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

The changing role of the national wildlife refuge

Traditionally our national wildlife refuges have been just that, lands and waters set aside for the protection, conservation, and management of wildlife. But as more amateurs—in addition to the professionals—recognize the opportunities that refuges afford to see, enjoy, and study wild birds and animals, the refuges themselves are changing to better serve public needs.

In the future, besides maps and bird lists, the Klamath Basin refuges may also provide such amenities as nature walks, permanently-set-up photographic blinds, and guided canoe trails. □

New bird refuge *created by Congress. Palo Alto Baylands and Coyote Hills Park now offer best public access to bird areas*

Bird watching closer to home . . . the new wildlife refuge just established at the south end of San Francisco Bay

A great blue *heron strolls elegantly through the shallow waters of a pond*

A pair of avocets *swoop in for a landing on a south bay estuary. These are among the many graceful water birds that live in the new refuge*

Tiny song sparrow *clings to a twig in the undergrowth of a south bay marsh*

hen Congress established the 22,000-re National Wildlife Refuge at the uth end of San Francisco Bay last ne, it saved a periled phenomenon—a e-rich wilderness right in the core of a ajor metropolitan area.

ıe refuge partially surrounds the south-n toe of the bay, and its marshes and tuaries are in some places just a few ındred yards from the rumbling traffic U.S. Highway 101. Yet it remains as prime nesting and feeding ground for ousands of water and shore birds. And ı estimated 70 per cent of the millions birds that travel the Pacific Flyway ee preceding article) pay visits here be-'een July and November, then again ıring the spring migration.

ight now there's little access to the ref-ge. Visitors are barred from those marshes and dikes still controlled by private companies. Also, because of diking, dumping, and unsightly pylon towers, the refuge is hardly scenic. But by the time all the land has been acquired and observation platforms and trails are in (as early as 1975 or 1976), it will be a fascinating place to visit, especially if you bring your binoculars and are interested in bird watching.

For a preview of the future refuge, two established areas just outside its boundaries give you a good look at similar terrain and just as many birds.

The Palo Alto Baylands Preserve is a city-owned marsh area with raised walkways and an interpretive center. Take the Embarcadero Road turnoff east from U.S. 101 and continue past the Palo Alto Municipal Airport.

Coyote Hills Regional Park near the east end of Dumbarton Bridge (State Highway 84) gives you a choice of walking to the edge of mud flats to see birds close up or climbing the hills for an overview. From Newark, go northwest on Newark Boulevard and watch for the park sign.

The salt marshes, twisting channels, and ponds that you'll see provide a nearly ideal habitat for birds and small animals. But because developers have long eyed the refuge area for houses and factories, its future has been in doubt. The filling of nearby tidal lands became a serious menace to wildlife in the 1940's. And some conservationists now estimate that

GERALD R. FREDRICK

Bird watchers *in the Palo Alto Baylands focus on wading birds: a black-necked stilt, left, and a willet*

The penetrating *eyes of a marsh hawk watch intruders as he swoops down to chase them from his territory*

80 per cent of the original bird population throughout the bay may already have been lost. At least three species that once flourished here are now on the endangered list—the California clapper rail, the least tern, and the brown pelican.

About five years ago a group of citizens decided they wanted to save the landscape and the birds. Struggles with potential developers and government agencies followed. But last June's final action by Congress settled the matter. Legislation designated the area a national refuge under the Department of the Interior's Fish and Wildlife Service, and expenditures of $20.3 million were authorized (though not immediately appropriated), including up to $9 million for buying tidal lands and mud flats now in private hands.

Four units of land and water were set aside. On the borders of Redwood City and Menlo Park is the 6,000-acre Greco Island unit, which includes the vital Bair Island nesting area. In the East Bay near Coyote Hills Regional Park and the city of Fremont is the 5,500-acre Fremont unit. The Mowry Slough unit is 7,000 acres touching parts of Fremont and Newark. And the Alviso unit covers 3,100 acres at the very south end of the bay. These acres may shrink or grow as federal acquisition takes place. An appropriation of $110,000 for early biological studies and land surveys is before Congress at our press time. About $11 million will probably be spent on observation and educational centers, trails, walkways, and fishing piers. Locations have yet to be determined.

Although the refuge will conserve important open space in the populous Bay Area, it is not primarily for recreation. It's for the birds. And as many as fifty species of waterfowl and shorebirds like it so much they live here a good part of the year.

Inhabiting the soggy salt marshes are gulls, avocets, ducks, stilts, great blue herons, kites, hawks, owls, egrets, and salt marsh song sparrows.

Birds, of course, aren't the only residents. A tiny reddish brown creature called the salt marsh harvest mouse lives here. He's on the endangered list, too. About 400 people-shy harbor seals thrive in Mowry Slough, and consequently that area will be closed to visitors. □

Snowy egret *gets ready to swallow his catch: a minnow found in a life-rich tidal pool*

GERALD R. FREDRICK

Dowitchers *hunt for food in the shallows*

On the *endangered species list, the California clapper rail is a nearly flightless bird that has been widely hunted, and was once nearly extinct*

Like a miniature *bald eagle, the white-tailed kite is a stately bird. It feeds on marsh rodents. Urban growth into its habitat has cut down its numbers*

The Japanese bath idea works remarkably well out-of-doors

To the Japanese, a bath is more than just a quick cleansing. It's also a form of relaxation, a ritual, sometimes a family affair.

With this tradition in mind, designer-builder Ed Stiles of Mill Valley, California, devised these Japanese-style outdoor tubs from redwood water-storage tanks. The tubs are equipped with standard swimming pool accessories and invigorating hydro-massage units. They use less space than conventional pools, are easier to maintain, and cost less (about $1,200 for new components, less with salvaged parts).

You can buy the tanks in several standard sizes from water tank dealers. The tub at right is 5 feet wide and 6 feet high. Its contoured rim permits a water depth of 5 feet (about 500 gallons). The one at left is 4 feet deep, has a circular bench around the inside.

To support the great water weight, each tank bottom rests on two sturdy 4 by 4-inch joists atop four concrete piers set into solid ground. Raised decks are built around the tubs.

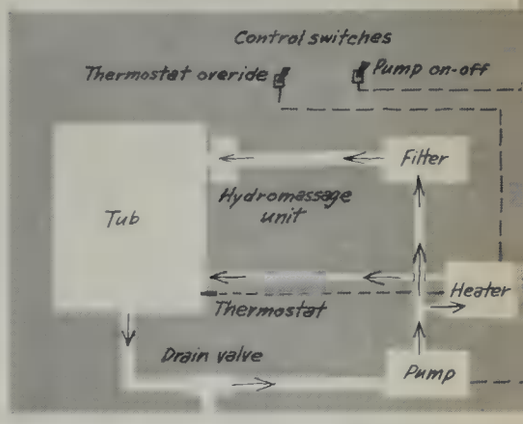
The machinery for the tubs is hidden out of sight and sound, often under the deck. There are four main parts:

Pump. One horsepower with leaf trap, connected to the tub by 2-inch pipe.

Filter. Diatomaceous earth type, rated for 10,000-gallon capacity. Water should be circulated through the filter at least

Rim *of this tub rises above deck. Heat-saving lid (right) can double as deck table. Designed for Dr. H. D. Morphopoulos of Orinda, California*

NORMAN A. PLATE



Pump *circulates water (arrows) through heater, filter, and back into tub through hydromassage aerator*

two hours a day; an automatic timer would be helpful.

Hydromassage unit. Mounted just outside the tub rim, it connects to the filter by a 1½-inch pipe and forces air and water into the water. You can adjust the jet with a directional nozzle.

Heater. 150,000 BTU "instantaneous" type. An immersion thermostat keeps the water at a steady 90° "holding" temperature to avoid a lengthy heating period before the bath; a thermostat-override switch allows the temperature to be raised for bathing. You'll probably prefer it around 110°; the Japanese like it hotter. The thermostat uses 24 volts of power from a step-down transformer.

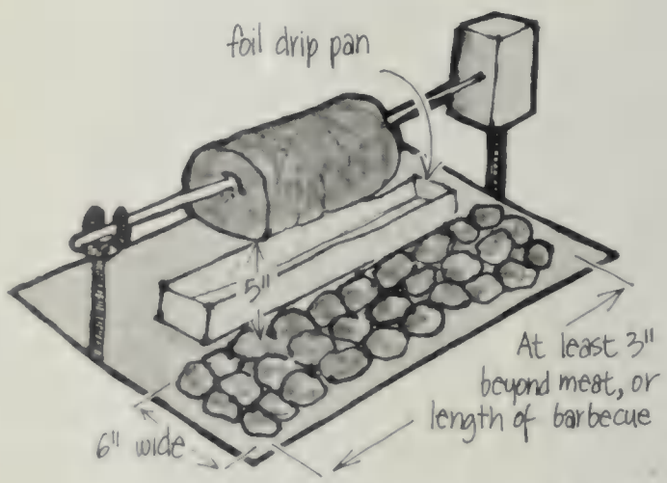
A ¾-inch pipe diverts water from the pump-to-filter line to the heater, where it returns directly to the tub. If you use plastic pipe, support it well to prevent heat sag. Fresh water can be added to the system by a hose or by connecting the heater return pipe to the household water system. The tub can be emptied for cleaning through a T-valve just outside the drain. When not in use, the tub should be kept covered to help maintain the holding temperature, to keep leaves out, and for safety. □

With sunlight *sparkling on surface, mother and son bob gently in 5-foot-deep, heated water of wooden tub with sculpted rim. Raised deck surrounds tub, overlooks hillside. Built for Dr. Raymond Hively of Mill Valley, California; deck designed by architect Reece Clark*

GLENN CHRISTIANSEN

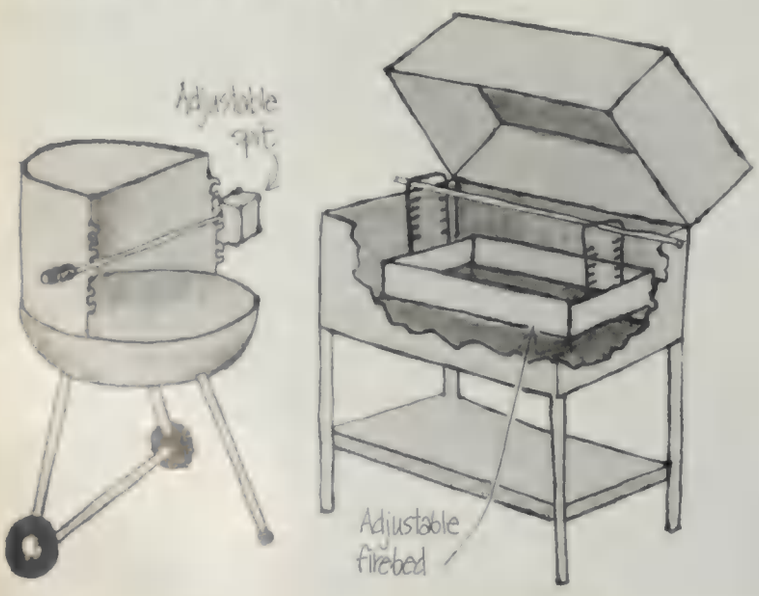
Taking the guesswork out of spit roasting

There's no better way to do big roasts or whole birds, if you know just what you're doing. We've run new tests to take out the guesswork



How to *position the firebed, the meat, and the drip pan for spit cooking*

These barbecues *offer two ways to control heat for spit cooking. At left, move spit up or down; at right, move firebed up or down*



Spit cooking is changing. What used to be a haphazard venture can now be a predictable science. The secret is heat control—and that's basically what this article is all about.

Spit cooking originated, no doubt, with a prehistoric hunter who made a great discovery: Meat cooked slowly while rotating is outstanding because it's so juicy. The meat's own fat flows constantly over the surface—a self-basting action. This promotes exceptionally even browning and the good flavors and aromas that develop concurrently.

Although mechanical refinements have made spit or rotisserie cooking much easier to manage, the regulation of heat—and therefore how to estimate cooking time—has largely been left to chance.

Yet heat control is very simple and can be achieved two ways: by controlling the distance between food and heat supplied by charcoal briquets, or by the mechanical regulation of heat that is possible on gas or electric barbecues.

Here we explore spit cooking on two of the most common devices for charcoal-fueled barbecuing—pictured at lower left. Cooks have little guidance with this kind of equipment even though it's the least expensive (barbecues with spit cooking units are priced from $15 up). The sketches represent the two basic ways you can control the position of meat to fire by moving the spit up or down, or by moving the firebed up or down.

Getting started

First, organize your equipment. You need the spit—a metal rod with flattened sides—to hold the meat; metal spit forks to secure meat in place; a barbecue to support the spit; and a small rotisserie motor (electric or battery powered) to turn the spit.

Next, count out charcoal briquets, ignite, and prepare a precisely organized firebed (see left and details that follow). Then position the meat with a pan beneath it to catch dripping fat, and cook, adding a predetermined number of briquets in a timed sequence.

The all-new chart on page 69 gives cooking positions and cooking times for a wide variety of meats and poultry—the results of extensive testing. Should you select a cut, or size of cut, that varies from those on the chart, anticipate that cuts of the same diameter cook at the same rate; pieces thick-

IAN A. PLATE
-roasted *beef rib eye comes from the barbecue brown and juicy. It cooked over precisely-prepared bed of coals*

n diameter take longer to cook; and those thinner in neter take less time to cook. *Weight is not a factor in rmining the rate of cooking.* (With poultry, different cies of birds of equal weight are usually about the same , and will cook according to time specified by diameter— k is the one exception.)

cooking varies from conventional oven roasting or bar- uing in one very practical way. Two pieces of meat that equal in diameter but of greatly varying lengths (there- one will weigh a good deal more than the other) cook he same rate and will be done in the same amount of time. fact makes spit cooking ideal for larger cuts of meat, ticularly when you entertain.

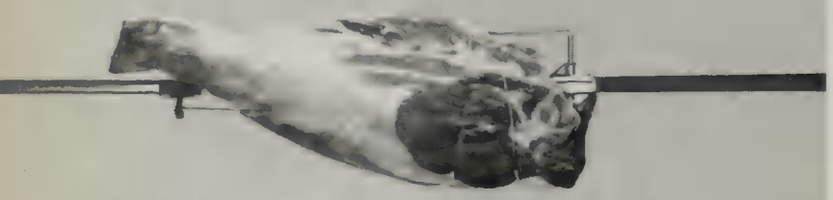
firebed

calculations for the number of charcoal briquets are ed on 2-inch-square, long-burning briquets. To determine number needed, measure back 2 inches from an imagi- y line directly under the spit, then put down a single-layer, solid bed of briquets 6 inches wide and the length of the spit. (For cuts that do not utilize the whole spit, lay coals 3 to 4 inches beyond either end of the meat.) You should have about 9 briquets every 6 square inches.

To start the fire, stack the briquets and ignite them with fire-starting material (or use an electric starting unit as directed). After 30 minutes, most of the briquets should develop some gray ash on their surface (if not, let them burn until they do). Spread hot coals out into the same position as you originally had them on the back side of the spit. At once stack more briquets on top of those burning: one more briquet for every 1¾ to 2 inches of the firebed's length. For instance, if your firebed is 30 inches long, add 15 to 17 briquets. *Every 30 minutes* thereafter during cooking, add that number of briquets again. Adding briquets is important to keep heat level constant.

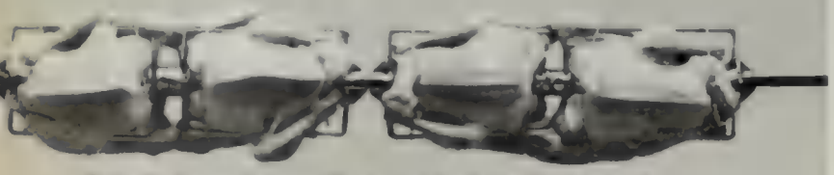
Our chart lists cooking times as approximate, but once you establish a precise fire routine, you will find foods cooking in a very consistent pattern. Occasionally poke ignited coals to

Turkey and other poultry: run spit through neck and body opening. Center and hold in place with spit forks in breast and thighs; tie wings, legs securely to body

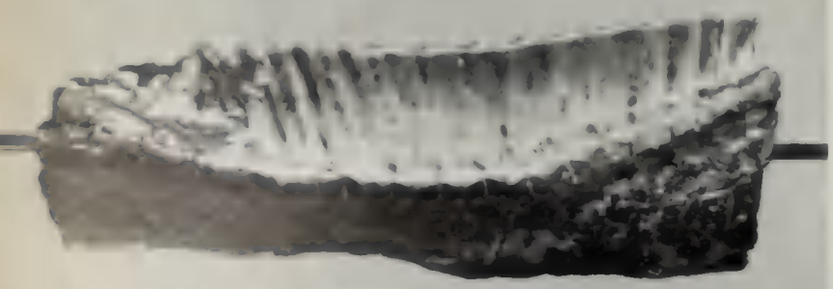


Leg of lamb: run spit through meat from center of thickest end, keeping the length of the leg parallel to spit; secure with spit forks. Tie tail section (if present) against leg, or cut off

Boneless roasts: run spit through dead center; secure with spit forks. Fat wrappings must be securely tied



Squab: to cook more than one bird or other meats of identical size on one spit, place them end to end, securing each with spit forks on both sides



Boneless roast of fairly uniform shape such as this perk lean: run spit through meaty section as close to the center of the roast as possible; secure with spit forks

knock off some of the gray ash.

Both styles of barbecues considered here afford protect from the wind. But since even a breeze can cool the m and slow the cooking time, always turn the open side of barbecue away from the wind, or move to a sheltered a when spit cooking.

Meats to spit roast and how to spit them

Meats and poultry in our chart, and other cuts of sim conformation, work well on a spit. Keep in mind that a pi of meat should be longer than its diameter, or it will wob on the spit. Also, position the cuts in the center of the spit

Balancing meat on the spit is important, but its difficult overrated. At left you can see how to spit most shapes meat. A ruler is the best guide for finding the center of e end of a piece of meat, and it is at these points where spit should enter and exit. Bones sometimes get in the w so bone-in roasts are rarely perfectly balanced; but if t are centered as well as possible, a spit motor should have trouble turning them.

You can test the balance of the loaded spit by suppor the ends in your palm and rolling the spit. Boneless should turn easily; poultry should turn with relative e and bone-in cuts ought to rotate several times without st ping, even though they usually settle on a heavier side not, relocate spit, or use a balance-weight, a standard accessory.

All loose sections—wings, pieces of fat, scraps of mea must be tied securely to the main mass of meat.

You can cook as many pieces of meat or poultry of unif shape at one time as the spit will hold. Some spit rods lightweight and tend to bow (causing the motor to la under the weight of a big, thick piece of meat such as a pound standing rib roast or a 12 to 14-pound turkey. Bu the meat mass, such as a pork loin, is thin and its weigh distributed along the length of the spit, even a light rod easily manage up to 12 pounds.

Using a meat thermometer

Roasts cook evenly along their length; you can inse thermometer at any point, just as long as it is in the thic section of the meat and does not touch either bone or s To use a thermometer in a turkey, insert it into the thic part of the breast, but not against any bone.

Adjusting the distance between meat and fire

The chart at right guides you in positioning the meat. If can't place the meat quite as close to the heat as indica the meat will take a few minutes longer to cook; if the tance is a little closer, the meat will cook in a few minutes le

Set a narrow, shallow pan (formed, if you like, from he foil) beneath meat with one side touching the coals. It sh catch all drips to prevent undesirable smoking or flareup

If the meat is cooked a little while before you are read serve, leave it on the rotating spit to keep it warm, but p coals as far away as possible (add no more briquets).

Tending the meat

The true joy of spit cooking is the way the meat tends it But poultry, except for duck, requires at least one brus with a fat such as butter or olive oil.

One way to add a subtle but pleasant quality is to brush cooking meat occasionally with fresh herb branches suc bay leaves, parsley, rosemary, or thyme dipped in the m own drippings.

You can also add additional seasoning as you would for conventional method of cooking by marinating the meat or basting it with a flavorful sauce as it cooks. But if baste is quite sweet, use it only during the last ⅓ to ½ the cooking time to avoid overbrowning.

Spit Roast Chart: Lamb, Beef, Pork, Birds

ne-in roasts (including spareribs)

If necessary, have rib bones sawn through just enough to make carving easy, but *do not* have meat presliced and tied; trim fat to a thin, relatively even layer.

e cut and how to have it prepared	Dimensions of largest end of cut	How to measure distance from heat	Internal temp.	Approx. time
ck of lamb (up to 2½ lbs.): have ribs cked close to meaty section then fold ıy extension up against inside of ribs and or cut off this bony extension	Meaty section 3 to 3½ in. across; bony section about 4½ in. across	With a ruler to guide, adjust distance between surface of the meatiest section and surface of coals to as close to 5 in. as possible; bony sections will come closer to heat	145° to 150° medium	50 to 60 min.
rk loin (sizes 4 to 11 lbs. suitable for spit ›king): roast may include shoulder end of n; if so, have blade bone removed and tie l to hold compactly	An irregular oval 3½ to 4 in. by 6 to 6½ in.		170°	2½ to 3 hrs.
g of lamb (5½ to 6½ lbs.): cut shank bone at joint	An irregular oval 3½ to 4 in. by 7½ to [illegible] in.		145° to 150° medium	2 to 2½ hrs.
ef standing rib roast (from 3 rib e up to about 12 lbs. suitable for spit ›king): use small end of standing rib; cut bones off close to meaty portion	Meaty section about 6½ to 7 in. across; bony section 9 or 10 in. across		130° to 135° rare	4 to 4½ hrs.
rk spareribs: pull off excess fat and cut s in 4 in. wide strips. Weave onto spit ween bones along center of the strip	About 1 in. thick by 4 in. long	Place spit 5 in. from surface of coals	Well browned and easy to cut in thickest portion; no pink interior color	2 to 2½ hrs.

oneless roasts

Have meat boned, rolled, and tied in a compact, evenly shaped cylinder; there should be some fat or a thin, even wrapping of fat on the surface.

ıe cut and how to have it prepared	Diameter	How to measure distance from heat	Internal temp.	Approx. time
rk loin end or pork shoulder roast (about 2½ lbs.)	3 to 3½ in.	With a ruler as a guide, adjust the distance from the surface of the meat to surface of the coals until as close to 5 in. as possible	170°	1½ to 1¾ hrs.
g of lamb roast (3½ to 4¾ lbs.)	4¼ to 4¾ in.		145° to 150° medium	2 to 2¼ hrs.
g of pork roast (6½ to 7½ lbs.): composed of lf of a fresh ham (butt and shank portion). move internal seam fat; bone, roll, and tie to ıke narrow shape with diameter specified here	4½ to 5 in.		170°	3¼ to 3¾ hrs.
ef rib eye roast (sizes from 4 to 12 lbs. suitable for it cooking): wrap the main muscle with a thin layer fat	5 to 5½ in.		130° to 135° rare	2 to 2½ hrs.
ef sirloin tip roast or ball tip roast (5 to 6½ lbs.): mposed of half of a sirloin tip, cut, rolled, and tied make narrow shape with diameter specified here	5 to 5½ in.		130° to 135° rare	2 to 2½ hrs.
ef inside chuck roll roast or boneless chuck roast zes from 6 to 12 lbs. suitable for spit roasting)	6½ to 7 in.		130° to 135° rare	2¾ to 3¼ hrs.
ef cross rib roast or shoulder clod (sizes from 6 to lbs. suitable for spit roasting)	6½ to 7 in.		130° to 135° rare	2¾ to 3¼ hrs.

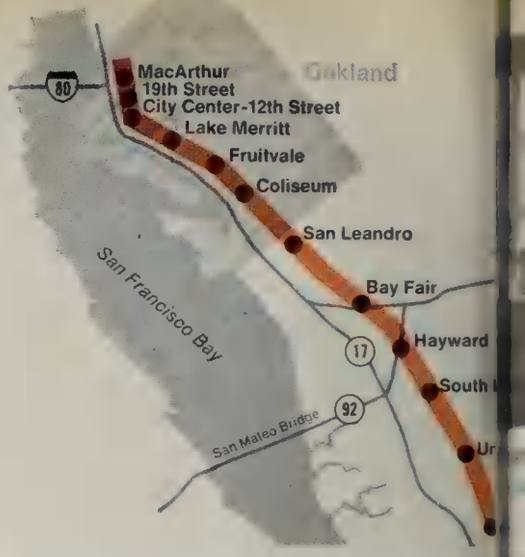
oultry

Pull off and discard excess fat; reserve giblets for other uses. Fasten any neck skin to back with skewers; if desired, skewer body opening shut. On the spit, tie wings and legs closely to body.

rd and weight	Largest diameter	How to measure distance from heat	How to judge doneness	Approx. time
uab (¾ to 1 lb.)	2¾ to 3 in.	With a ruler to guide, adjust distance from surface of breast to surface of coals until as close to 5 in. as possible; bony areas come closer to heat	About the time the bird begins to develop an appetizing brown color, begin testing in this manner: press the thick part of the thigh (protecting your hand from heat); when the thigh gives readily to pressure the bird is ready to serve	50 to 60 min.
›ck Cornish game hen (1¼ 1½ lbs.): if under 1¼ lbs. llow directions for squab	3 to 3¼ in.			70 to 80 min.
oiler-fryer chicken (3 to 4 s.)	4 to 4½ in.			80 to 90 min.
omestic duck (4 to 5 lbs.): ick surface all over with fork help release fat from skin duck cooks	4 to 4½ in.			3¼ to 3¾ hrs.
asting chicken (5 to 6 lbs.)	5½ to 6 in.			2¼ to 2½ hrs.
rkey (12 to 14 lbs.)	7½ to 8 in.		If you use a thermometer, also begin pressure testing when thermometer in breast reads 165°	4¼ to 4¾ hrs.

BART starts

The West's first rapid transit system is scheduled to get rolling in September



Escalators carry passengers *down to Oakland's Lake Merritt subway platform*

Rapid transit has come to the West.

Barring last-minute technical delays, the first 27-mile section of the new San Francisco Bay Area Rapid Transit system (BART) will open sometime during September through metropolitan Oakland and the surburban countryside of southern Alameda County. A ride on the first high-speed cars is an adventure that combines space-age technology with the excitement of an old-fashioned train ride.

It's an hour-long round trip; the trains sometimes accelerate up to 80 miles per hour. Passengers ride in air-conditioned comfort with panoramic views (part of the ride is high above ground and part through tunnels).

The trains will run every 15 minutes on weekdays (every 8 minutes during rush hours), from 6 A.M. to 8 P.M. Weekend service will be added later. The fare depends on the distance you travel: Minimum cost between two stations is 30 cents, and a full-length round-trip is $2. You can catch a train at these stations (the first six are in Oakland):

MacArthur: 40th and Apgar streets.

19th Street: 19th Street at Broadway.

City Center-12th Street: 12th Street and Broadway.

Lake Merritt: 8th and Oak streets.

Fruitvale: 35th Avenue and 12th Street.

Coliseum: 73rd Avenue and San Leandro Street.

San Leandro: San Leandro Boulevard and West Estudillo Avenue.

Bay Fair: Colby and Wagner streets, San Leandro.

Hayward: Montgomery and B streets.

South Hayward: Tennyson Road and East 10th Street.

Union City: Decoto Road and 12th Street.

Fremont: Mowry Avenue and Parkside Drive.

In some communities, BART "pathfinder" street signs lead to stations. You can park free at surburban stations.

By late next year the final 75-mile system will also include a branch line north through Berkeley to Richmond, another branch east across the Contra Costa Hills to Concord, and a third west under San Francisco Bay through San Francisco to Daly City.

BART's technology and gleaming hardware are intended to match and hopefully to surpass the comfort and conve-

ART cars *have wide bucket-style seats, g windows, reading lights, carpets*

Reusable *ticket with magnetically recorded value is inserted into entry turnstile. Computer at exit instantly deducts cost of ride*

NORMAN A. PLATE

athering speed, *BART train emerges from elevated Fruitvale station onto trestle*

Passengers enter *train in underground station as overhead sign flashes next stop*

ence of private automobiles, in a ong effort to lure motorists off crowd- highways.

e system is fully automated: A cen- l computer controls the electrically- iven trains, stopping them precisely at arding points marked on station plat- rms and theoretically allowing them run more safely at high speeds than anually-controlled trains. But each in has a watchful operator in its cab.

BART's sleek aluminum cars are carpeted, well lighted, air-conditioned. An air-suspension system makes them virtually noise and vibration free. The main sensation of gathering speed is a quiet surge that presses you into your seat.

Even the fare system is automated, to prevent confusion and congestion at the turnstiles. Machines in the stations dispense reusable tickets (like short-term credit cards) magnetically coded with values up to $20. The ticket opens the entry turnstile. At your ride's end, the turnstile deducts your fare from the ticket in less than a second and opens the gate. If a ticket's value is insufficient, it's rejected, and you can increase its value at a nearby "addfare" machine.

BART is the first new regional transit system built in America in 65 years, and may be the first element of a future network circling the bay. □

RON PARTRID

The recycled house

A house moved to a new site must be made all-but-new. The problems are many but sometimes so are the benefits

ving a house can be recycling on a nd scale.

u may save a house with architec- al or historic value and, in the proc- , gain a home for your family that ldn't be built today. Sometimes you buy a movable house at an aston- ingly low price. You may even want move your own someday.

e owners of the houses shown on se pages particularly wanted to save m because they represent an impor- t architectural style in the San Fran- co Bay Area. Called Berkeley Brown ngles, they are notable for extensive of redwood and fine craftsmanship. l some bear the mark of such great hitects as Bernard Maybeck.

t moving houses like these, with all ir quirks and infirmities of age, is no y problem. Many older dwellings ve two stories and they just won't fit neath power and telephone lines as y move down the street. Architect chard Ehrenberger of Berkeley, whose own house is shown being moved at left, was told that phone lines in his area couldn't be spliced out of the way at the time of the move. The only choice was to cut off the roof of the house. Unfortunately, it rained a few days later and ruined the upstairs ceilings.

Heavy fireplaces often crumble during a move, and aging plaster, bay windows, or structural weaknesses sometimes cause serious trouble. But even taking these drawbacks into account, the move itself probably won't be unpleasant if handled by an experienced house mover.

The Ehrenbergers chose to stay in their house throughout the moving process.

On the big day, dishes were still in cupboards and pictures on the walls as the house bounced off a curb into the street. Nothing was broken and soon friends and onlookers gathered for an impromptu on-the-move party to celebrate the rebirth of the house.

Of course, a lot of careful planning precedes moving day. There may be public hearings, and you'll have to get moving and building permits, utility bonds, and completion bonds, to say nothing of making reconstruction plans.

Financing the move can be tough. You may have to dip into savings or take out a personal loan. Mortgage-type financing is usually not available until your house is on its new foundation and

on wheels *and festooned with balloons, lag, and a few stray clumps of uprooted ivy, s old Berkeley house moves 2 miles to new site. oof was cut off so house could duck under power lines*

At new site, *roof has been rebuilt, lawn and flower beds planted. Shingling conceals new foundation*
NORMAN A. PLATE

Designed in 1905 *by Bernard Maybeck, this house faced demolition when old lot was rezoned. It was moved here by Karl Bermel of Berkeley*

Another Maybeck *work was placed sideways on narrow new lot in Berkeley. House was moved 2½ miles and is now owned by the John C. Oliver, Jr., family*

Ivy-covered *house stood here for 56 years. Architect William Dutcher decided to move it in 1964*

Leaving the lot, *house just fits under power lines. Utility crews had to lift or drop lines along entire route of move*

On the street, *house moves on huge timbers and dollies. Windows were boarded up to prevent breakage*

At new lot, *patio, deck entr and landscaping were adde Existing tree shades house. Bu window is still supported by hou jack, a reminder of the mov*

Even if the street trip is grim, the final result can be worth it

meets building codes. You could think of the cash you spend for moving as a down payment. It will probably cost between $5,000 and $20,000, depending on the distance the house is going and its size.

Following are some suggestions on how to get involved in house moving and how to make a successful move.

Finding a house

House movers themselves are often a good source of information on houses available for moving. Or you might attend the occasional public auctions of houses to be removed from highway rights-of-way. Contact a nearby office of your state's highway department (right-of-way division) and ask to be put on a mailing list to receive notification of auctions in your area. Redevelopment projects often offer houses for moving. In most cases, house prices will start at about $500 and average well under $5,000 when all bids are in.

Keep a close watch on older neighborhoods in your area that are slowly being rezoned for commercial or multifamily use. Occasionally a house may be acquired for nothing if you can save the developer the cost of demolition.

When considering any house for moving, work closely with a reliable, licensed house-moving firm. Look in the yellow pages of the telephone book under "House Movers." They can give you estimates, tell you if the house is structurally sound and suitable for moving, and whether routes can be found over public streets to a new lot.

The checking process

House moving is a confusing puzzle; all the pieces have to fall in the right place on the right day—the day of the move. A mistake can be costly. You may wish to work closely with an architect or building designer.

Regulations governing a house move are different in every community. Some discourage any form of house moving, usually because of narrow streets or a protective feeling toward the area's existing atmosphere. Check with your city or county department of building in spection or public works for a complet description of your area's laws and pro cedures. In most cities and unincorpo rated areas in the West, you can expec to follow this general procedure:

The house must first be submitted to o ficial inspection for preliminary approv al and for determining what must b done to bring the structure up to code A plot plan is then drawn up showin the proposed location and submitte with a proposed moving route to you city or county for approval. It shoul also be submitted to telephone and uti ity companies for possible wire cos estimates. They may require a cash bon to cover any work done to lift wire over the house during the move. It ca amount to a major expense; for in stance, the bond for the house on thi page cost $700.

If the plans pass so far, further detaile plans must be completed on new foun dation work, surveys, and floor plans A public hearing to review the mov may be called. A completion bond (us

NORMAN A. PLATE

ually equaling the overall cost of the move) must be posted with the city to assure that the project won't be abandoned.

At the new lot

Once at the new location, the house must be situated with respect to exposure, access, and any existing trees and landscaping. Will a garage be needed? Will a new angle to the sun create "dark spots" in rooms that once were open and well lighted? Will there be enough yard space? A foundation has to be laid and basement or other utility space may have to be provided for a heating system. Electricity and plumbing must be brought up to code. Porches and entry stairs, usually discarded before a move, have to be rebuilt. Sewer and utility hookups must be made.

In the end, a house move can be rewarding financially as well as esthetically. Oakland architect William Dutcher and his wife heard that the house shown on this page was to be demolished to create space for a large garden. The Dutchers proposed moving the house five blocks away to save the owners the cost of demolition.

By the time (1964) they were able to move in, total costs amounted to only $9,000, although the same move would cost closer to $12,000 today. With the cost of the lot, the Dutchers had recycled a house for just under $20,000. □

Buffet *with all the makings for Thai noodle buffet. You help yourself to noodles and meat, then add any or all of the vegetables and seasonings. Ladle hot broth on top for a noodle soup*

GLENN CHRISTIANSEN

For starters, *hostess passes typical Thai appetizer: you scoop up spicy, tart chile sauce with raw vegetable pieces*

Noodle party the Thailand way

You start with noodles. Then the decision. Add meat, vegetables, broth, peanuts, soy, all or some?

A good way to get acquainted with Thailand's interesting cooking is to plan a menu around the fare in Thailand's small noodle cafes. Like Thai customers, your guests choose noodles—with or without a splash of hot broth—meat, and vegetables. Then they help themselves to such seasonings as hot chiles, sugar, vinegar, or soy.

It's an easy party menu to prepare because you can make it ahead of time and there's very little cooking. Serve as a buffet out-of-doors or inside, any time of day from lunch through late supper.

Thai Noodle Buffet

Raw Vegetable Appetizers
Thai Chile Sauce
Rice Noodles
Beef and Broth **Shredded Lettuce**
Bean Sprouts **Sliced Green Onions**
Lime Wedges
Noodle Seasonings: Coriander, Peanuts, Red Pepper, Sugar, Soy Sauce, Garlic Oil
Iced Tea, Iced Coffee, or Cold Beer
Tropical Fruit Bites

We begin the party planned for 8 to 10 with a tray of crisp raw vegetables to dip in a special chile sauce.

Each guest serves himself from the noodle buffet. First, a mound of hot cooked rice noodles goes into each individual big soup bowl; it's topped with cooked beef slices, then the decision making begins. Most of our guests sampled all vegetables and seasonings the first time around, returning often to add a little more of sweet, sour, salty, or hot seasonings. Most tried the noodles both dry and with hot broth.

Use chopsticks *or a fork to eat noodles, meat, and vegetables; a soup spoon to sip broth*

For dessert there's a selection of fresh tropical fruit cut in bite-sized chunks. Choose from mangoes, oranges, papayas, and pineapples. Arrange the fruit on a tray and offer picks to spear the fruit.

The entire menu can be assembled without shopping for any special ingredients, but for the most authentic Thai version of the recipe you may need to buy three items from an Oriental market: rice noodles, fish soy, and fresh coriander.

The rice noodles are usually called rice sticks, but may also be called long rice, *py mei fun*, or *mai fun*. They are dried, opaque white, thin noodles; don't confuse them with bean threads, which become translucent when cooked. Bottled fish soy is something like soy sauce, but saltier. Coriander is also called Chinese parsley or cilantro.

Most of the foods can be prepared ahead. The appetizer chile sauce can be prepared covered, and chilled. All the vegetables for both appetizer and noodle dish can be cut, covered, and refrigerated in their serving dishes. The meat can be sliced, covered, and kept cold. All the seasonings can be measured into their serving containers. Just before serving, boil the noodles; heat the broth and briefly cook the meat in it.

When you set the table, group the bowls of seasonings and vegetables alongside the meat, noodles, and broth. Keep the meat and noodles covered in a warm oven until just before serving, then set them on a warming tray, if available, on the buffet. Even if the noodles and meat cool to room temperature, you'll find they still taste delicious. The broth should be piping hot. You can keep the broth hot in a chafing dish or return it to the range when it needs reheating.

Wide, shallow soup bowls, such as the ones pictured at left, are best for the noodles, but any soup bowls will do. For those who can manipulate them, provide chopsticks. Or offer forks. Set out spoons for the broth; Oriental-style soup spoons are attractive companions to chopsticks.

Raw Vegetable Appetizers with Thai Chile Sauce *(Nam Prik)*

Raw Vegetable Appetizers. Choose an assortment of vegetables, such as carrot sticks, cucumber rounds, green pepper strips, and whole green onions. Arrange on a tray around the chile sauce.

Thai Chile Sauce. Combine ½ cup finely shredded green apple (squeeze out excess liquid), 3 to 6 teaspoons seeded and finely chopped canned California green chiles, 2 teaspoons *each* brown sugar and anchovy paste, 1 teaspoon grated lime peel, 2 tablespoons lime juice, ½ teaspoon fish soy or salt; stir until blended. Pour into a small dish. Sprinkle with 2 tablespoons finely chopped green onion (tops included). Makes about ½ cup.—*R. C., Stanford, Calif.*

Thai Noodles *(Kuay Tiew)*

Rice Noodles. Bring 5 quarts water to boiling in a deep kettle. Add 1 package (1 lb.) rice noodles (rice sticks) to water. Boil, uncovered, until tender, 3 to 4 minutes (or cook 1½ pounds vermicelli according to package instructions). Drain well, transfer to a large serving container with a lid. Pour over ⅔ cup salad oil, mix lightly, cover, and keep the container warm.

Beef and Broth. Cut 3 pounds lean, boneless beef (such as top round or sirloin) across the grain into slices about 2 by 1 by ⅛ inch thick. Bring to a boil 5 cans (about 14 oz. *each*) regular-strength beef broth with 2 green onions and 2 slices (2 by 1 by ¼ inch thick) fresh ginger (or ¼ teaspoon ground ginger). Add about ⅓ of the sliced meat to the boiling broth; stir and cook meat to desired doneness, about 30 seconds for rare. Remove the meat from broth with a slotted spoon and place in a shallow bowl.

Cook remaining meat in the same manner. Cover and keep warm until serving. Keep broth hot. Makes 8 to 10 servings.

Vegetables. Finely shred 1 small head of lettuce, wash and drain ¾ pound bean sprouts, thinly slice 8 green onions (tops included), and cut 4 limes each into wedges. Place each in a separate dish.

Noodle Seasonings. Coarsely chop 1 bunch fresh coriander (optional), finely chop 1 cup salted peanuts, and measure out ¼ cup crushed red pepper, ½ cup sugar, and ½ cup soy sauce or fish soy. Place each in a separate dish.

Garlic Oil. Heat ¼ cup salad oil in a small pan over medium heat. When oil is hot, add ½ cup (about 1 large bulb) finely chopped garlic. Cook, stirring often, until garlic is golden, 5 to 6 minutes. Remove from heat and add ½ cup more salad oil. Pour into bowl. □

Spreading *rotted manure. White powder already on ground is bonemeal. Next, both fertilizers are dug into soil. Result: a mounded bed*

Mounded bed *at peak of midseason production. Celery and two stages of lettuce share same bed. Note how mature lettuce heads just touch. Spinach at left*

DARROW M. WATT

These beds, *planted last fall in Sunset's garden, produced (front to back) cabbage, spinach, more cabbage, celery, broccoli, peas. Close spacing is part of system*

Goodbye to rows. Hello mounds

This is "French intensive" gardening. Autumn is a good time to give it a try

Calendulas *and beets grow in adjacent beds. Harvest marble-sized beets to get early crop and reduce crowding for later ones*

NORMAN A. PLATE

Large-scale *vegetable mounds at the University of California, Santa Cruz. Beds run north-south to get maximum sunlight*

What's different about the vegetable gardens shown here? For one thing, they all grow on mounded beds. Also, in many cases, the plants stand cheek-by-jowl, not in rows like Mr. McGregor's cabbage patch and other classic vegetable gardens. Important but not visible, the plants get all their nutrients from rotted manure, bonemeal, and other natural sources worked into the ground before planting.

Growing a vegetable garden this way takes much hand labor, but you usually get superior vegetables and more production per square foot than with most other methods.

It's a system that's been used in Europe for generations, but it only came to public attention on the West Coast in the late 1960's. At that time Alan Chadwick introduced these methods in the Garden Project at the University of California, Santa Cruz. Mr. Chadwick calls this system of gardening the French Intensive Method.

It's a system of planting that's particularly suited for the fall vegetables you'll soon be planting—beets and similar root crops, chard, cole crops, lettuce, and spinach. Relatively small, low-growing crops like these are better adapted to close spacing in beds than tall or sprawling ones like corn or melons. On page 168, you can read in detail how to build mounded beds and how to space different vegetables.

You mound the beds to make a body of soil that warms quickly, drains well, and takes in air easily. Mounding also accommodates the quantities of new material you add to build a balanced soil.

Before planting, you add enough organic matter to supply nutrients to feed the plants throughout their growing season. For annual vegetables, you won't need to fertilize again until you replant the bed. Then you add more organic material, so that soil texture and fertility constantly improve. As soil improves, it becomes easier to make the beds.

Close-together plantings like these shade the soil, reducing moisture loss and preventing temperature extremes. This encourages the fast, steady growth that produces tender, full-flavored vegetables. The shade also reduces weeds and helps to keep soil from crusting. Once low-growing plants cover the bed, you rarely need to weed or cultivate.

Beds can be any size and shape you like, but rectangles are easiest to build and take care of. You can divide a bed into sections, and plant each section with a different crop, as long as the plants have compatible growing needs. Seeds need to be watered more often than plants, so most people have better results if they don't try to sow seeds and transplant into the same bed at the same time. □

The Changing Western Home

Mini welding torch

For a rather modest sum ($35 to $40) you can now equip a home workshop with a 12-pound portable welding torch capable of temperatures to 5,000°. These small propane and solid oxygen torches are designed for small projects such as metal furniture repair. They can cut through flat steel up to ¼ inch thick.

The gas is supplied from a standard 14-ounce propane bottle. Ignited pellets in a metal chamber release about 8 minutes of oxygen. The torches cost about 4 cents per minute to operate and are now available in many hardware and auto supply stores.

Texture paint

An effective way of covering cracked or irregular walls, or just adding a decorative touch to any wall, is with a thick, putty-like, texture paint. Paint stores carry several brands that can be trowelled, brushed, or rolled on.

A variety of decorative textures can be achieved by pressing objects like leaves or your hands into the wet paint. You can get an interesting lined effect by wrapping string around a paint roller.

NORMAN A. PLATE

Rafter facelift

Mr. and Mrs. Gregory Jensen of Menlo Park, California, decided to improve the looks of their attractive new carport by masking the roof joists. What they lost in potential storage space they made up in appearance. They chose inexpensive 5/16 by 1½-inch redwood fencing slats, spaced them 1½ inches apart, and nailed them directly to the joists. The job cost about $30. □

Lamp from our Accessory Collection

Benchcraft credenza

Sofas from our Upholstery Collection

Leisure Living cocktail tables

Et Cetera desk

Et Cetera game table and party chairs

Leisure Living magazine rack

Grand Award from our Carpet Collection

Mrs. Karen Galloway's one-of-a-kind collection.

(She put it together from six of our Drexel Collections.)

Karen went into her nearest Drexel store one morning—and a few hours later, came out with a family room. Her own, "Looks just like you, Karen" family room.

She scanned our many different collections. Studied our twenty-seven catalogs. Our designer rooms. Her salesman pitched in and trundled a Shaker credenza alongside a bamboo desk, so she could see how the two styles would mix.

And so, with conversation sofas from our Upholstery Collection; and autumn warmth underfoot from our Carpet Collection; and candlestick lamps from our Accessory Collection; and other favorites from other collections; she soon put together her own personal style. And she was able to concentrate solely on creating her "look" because Drexel takes care of the workmanship.

This was Karen's dream, but of course you don't have to mix your styles the way Karen wanted to. You can do a whole home from just one of our collections if you'd rather. Either way, you can start thinking about it now if you send $1.00 for a set of our style booklets and room planning kit to Drexel Furniture, Dept. S-9-72, Drexel, N.C. 28619. For the name of the Drexel dealer nearest you, call free 800-243-6000. In Conn. call 1-800-882-6500.

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NORMAN A. PLATE

High *above river (right), riders going opposite directions can cross at same time. Tower (above) supports launch platform where trip begins*

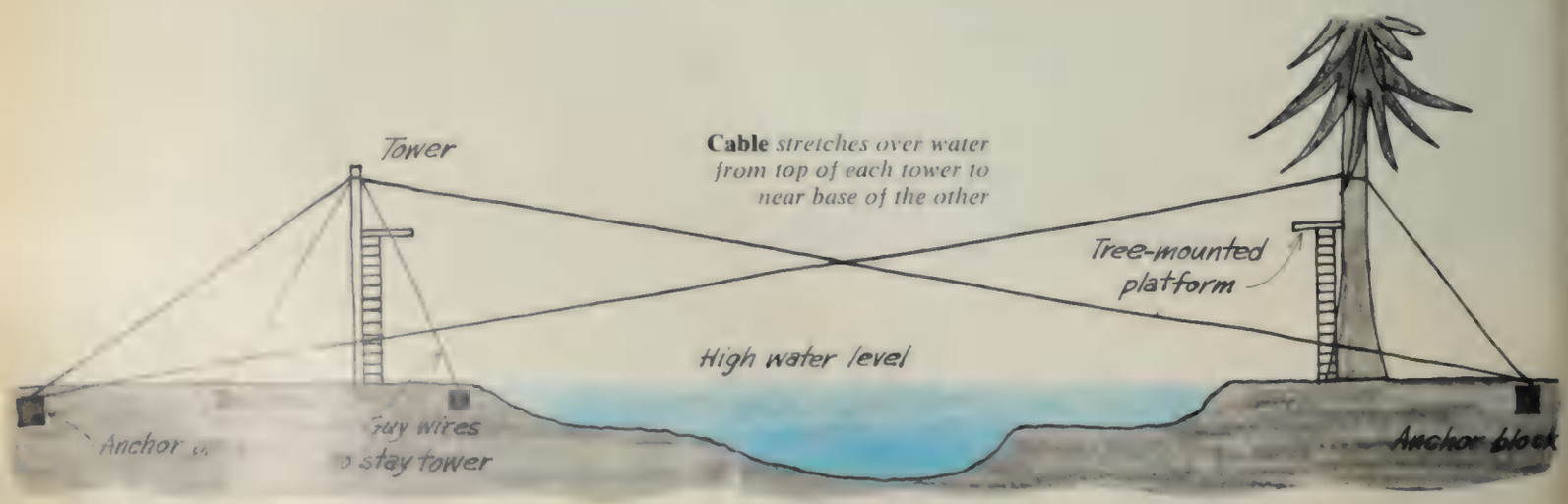
COUNTRY LIVING

From launch platform it's all downhill

When Richard Frazier invites friends to drop in, that's just what they do. Sole access to his home near Point Arena, California, is by a gravity-powered cable lift that spans a river as wide as 300 feet during winter storms. The device could be used equally well to cross snow fields or other terrain where roads don't go or to solve other access problems, especially to remote summer homes.

Designer Frazier erected a 30-foot-high platform on each side of the river. One is free-standing, the other is built around a sturdy redwood. Then he ran a ⅝-inch-thick steel cable from the top of each to a point near the base of the other. The cable ends are attached to two dead men —3 by 6-foot anchor blocks of steel-reinforced concrete poured into the ground; large turnbuckles keep the cables taut.

Each of several swing-type seats is hung from the cable by a military surplus "snatch block"—a pulley mount that locks securely around the cable. An L-shaped metal bar welded to the pulley mount holds a hand-operated brake. The brake is only a back-up safety device,



The wide open spaces of Greece are all yours in the fall.

Because that's when the summer bunch has all gone away. But summer hasn't.

So you'll have lots of leg room as you stroll a private beach tucked away in Crete and Rhodes.

Lots of elbow room as you drink up the warm, sweet sunshine and explore our classical ruins and Byzantine monasteries unhurried, unharried, unhassled.

There's so much to see and do in Greece in the fall. Wine festivals. Song festivals. Film festivals. Costumes and color. Poetry, art and theatre. Dancing and drinking. Fireworks and pageantry.

And none of it is expensive. Not even at the most luxurious of our luxury hotels.

So come enjoy summer in Greece this fall. We'll have your room ready for you.

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IS NEVER OUT OF SEASON

Greek National Tourist Organization S-972
627 West 6th St., Los Angeles, Calif. 90017 (213) 626-6696
601 Fifth Ave., New York, N.Y. 10017 (212) HA 1-5777

Gentlemen:
I'd like to getaway to Greece in the fall.
Please send more information.

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Country French styling is a gesture of hospitality. Warm. Inviting. And Gordon's interprets the mood beautifully in its new Frontenac Group of tables. Generously proportioned, gracefully shaped and carved, Frontenac includes cocktail tables and end tables in varying designs and sizes. Crafted of solid cherry wood and cherry veneers. Finished in your choice of Antique Cherry or a combination of Antique Cherry and Antique White. To preview the complete group, and other distinctive tables from Gordon's, send one dollar for a brochure.

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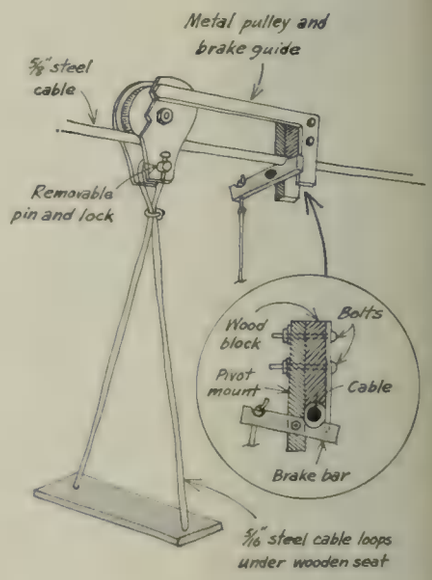
1355 MARKET STREET SAN FRANCISCO CALIFORNIA 94103

NORMAN A. PLATE

Rider *slows travel with hand-operated brake. Pulley assembly locks securely around cable*

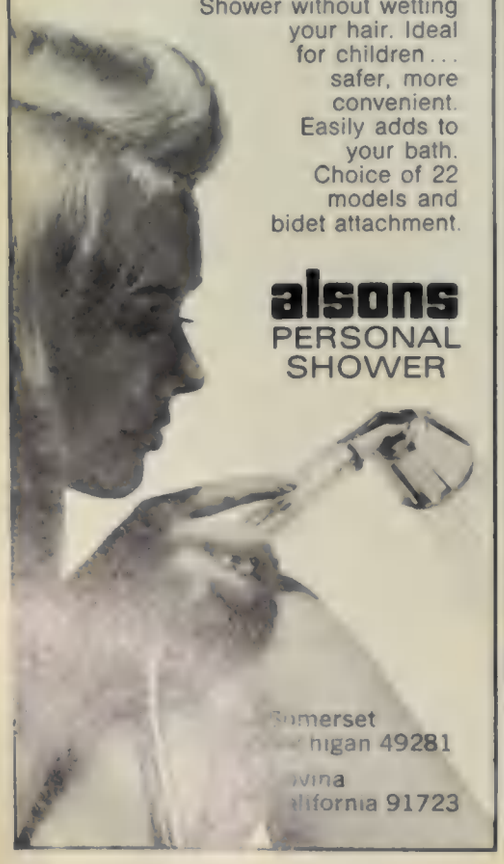


because near the end of his downward slide a rider's weight pulls the cable level, slowing the ride to a gentle, reassuring crawl.

The brake consists of a block of hardwood bolted through the middle to the metal L-bar and resting on the cable. Held by the same bolts, a second block provides a pivot mount for a hardwood brake bar that bites into the cable from below, stopping the seat by friction. The 10 per cent downward slope of the cable prevents fast acceleration, and the seat can be braked to an immediate stop anywhere along the line.

To make the return trip, you simply unhook the pulley and seat by removing a metal pin, carry them to the top of the tower, hook up to the other cable, and push off. When the pin is back in place, there's no way the seat can come loose from the cable, but some type of seat belt might improve the design. □

Alsons Personal Showers do so much more . . . so much better. Soothing adjustable spray you can direct to any part of your body. Shower without wetting your hair. Ideal for children . . . safer, more convenient. Easily adds to your bath. Choice of 22 models and bidet attachment.



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Three different patterns
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combinations: six varieties
in all to decorate with.
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which do you love most?
Decisions.
Decisions.
Decisions.

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you can create your very own collection
of note papers and informals.
Select the colors, textures and borders that are you.
We don't believe that personalized stationery
should box you in.

Crane...
when words alone are not enough

Crane's s[illegible] produced in Dalton, Mass., entirely from reclaimed cotton fibers.

DARROW M. WATT

Bedspread *fabric is also used above bed for wall upholstery and Roman shades (drawn up in lower picture)*

Spread runs right up the wall

What looks like floor-to-ceiling bedspread in the top photograph above is actually a bedspread, wall, and shades—all of the same fabric.

To give the wall a soft, upholstered look, interior designer Patrick Windle stapled on a covering of ¼-inch polyfoam, then stapled fabric over the foam. To hide the seams and staples, he applied a neat line of double welting with an electric glue gun (about $9). Several coats of soil-resistant spray protect the fabric. This is in the John Lillie home in Woodside, California. ▫

There's more to Style® than just hair spray.

There are four different Style shampoos. Each one really cleans your hair and leaves it natural and manageable.

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Kodak moves ahead. With a different kind of movie camera. With a different kind of movie film.

The film is Kodak Ektachrome 160 movie film. Four times as fast as Kodachrome II film. And to help you make the most of it, there are two Kodak XL movie cameras. Each with a super-fast *f*/1.2 Ektar lens and a shutter design that lets in lots more light.

Result: You can take super 8 color movies just by the light you live in. Even by candlelight.

The XL55 comes with power zoom, sports-type viewfinder, and rangefinder for less than $215. The XL33 (not shown) comes with a fixed-focus lens for less than $120. Both feature drop-in loading, are battery powered, and have automatic exposure control.

Look into either one. You'll see a whole new world to make movies of.

Kodak makes your pictures count.

The Kodak XL movie camera.

Kodak

Prices subject to change without notice.

DARROW M. WATT

Paper-wrapped *trash goes into the chute*

Garbage *falls into plastic container on lower level of hillside house*

Their garbage shoots a chute

Papers and garbage plummet through this trash chute from the kitchen counter to a wheeled garbage container below. Greasy and sticky food is put in plastic bags to keep the chute clean.

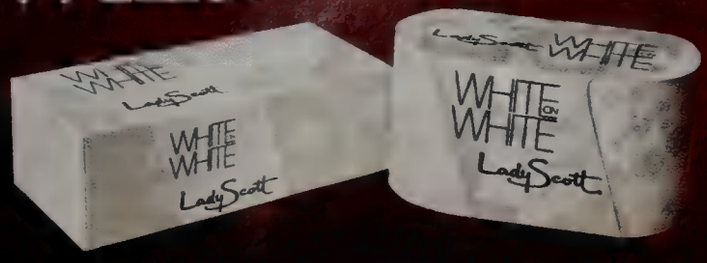
The lid and top few inches of the chute are a stainless steel facial tissue holder ($18) with hinges riveted on. The galvanized chute (about 5 inches deep by 10 inches wide) was made at a sheet metal shop for $15. The opening in the kitchen counter top is at the rear to leave room in front of the chute for shortened drawers under the counter. The chute is angled slightly to avoid a floor joist.

Architect Hobart D. Wagener designed this chute for Mr. and Mrs. Vance E. Miller, Jr. □

We took plain
white tissue...

and added some
excitement to it.

Introducing
White on White from Lady Scott



A tissue
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A breath of springtime fashioned into sheets and pillowcases dubbed Just Flowers. Made of Dacron® polyester and combed cotton. Trimmed with lace. Done, too, as towels and a bedspread. Part of the Martex Multicolor Greenhouse Collection. Just Flowers. Just beautiful.

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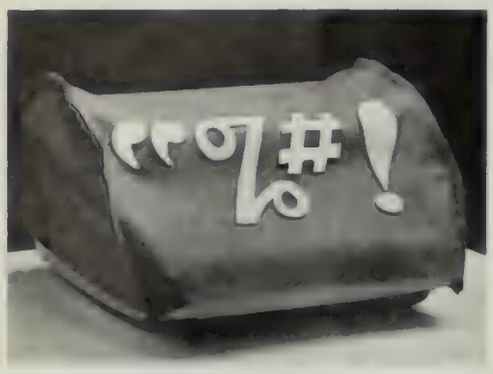
DARROW M. WATT

Antique *typewriter receives bold new vinyl cover*



Enliven *felt cover (top) by gluing on punctuation marks. Plastic and braid cover (lower) lets you see typewriter*

Any typewriter deserves a cover

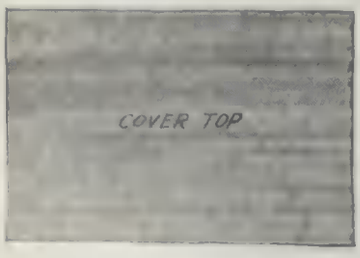
To protect a typewriter from dust and to add some color to your typing area, try making one of these lively protective covers.

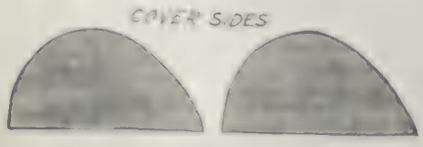
Choose brightly colored material that complements or matches other fabrics in the room, and one that has some body like plastic or vinyl. Stiffen lightweight fabrics with starch. Use a soil-resistant spray on felt or other unwashables.

Make a paper pattern first. Allow room for the carriage return handle if your typewriter has one. Make three pieces as shown in the diagram below. Cut them to fit your typewriter and lightly tape them together. Check the fit, then remove the tape and use the pieces as your fabric pattern. Allow for seams along the sides and leave enough material at the bottom if you want a hem. Then figure yardage.

Use cellophane tape to hold plastic materials together while you stitch.

If the machine stitches erratically through the slick material, insert a piece of tracing paper between the needle and the fabric. □





Cut one *rectangular piece to go over the top and two side panels*

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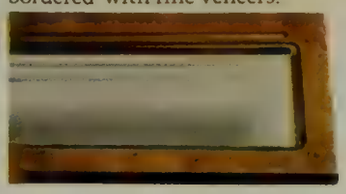
There are 23 steps in our finish. Hand-sanding is three of them.

We use four different trees —yew, mahogany, cherry and rare butt walnut —to get this unusual grain pattern for our cabinet.

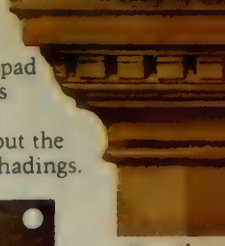


A handsome, unexpected detail – our glass display shelves are bordered with fine veneers.

The subtler graining can only be sought by brush.

We hand-pad our woods with oils to bring out the natural shadings.

Stop hinges stop doors from damaging sides.



Dentil moulding must first be hand carved.

It takes a lot of our extras to turn a collector's cabinet into a collector's item.

If you know you shouldn't choose a cabinet on looks alone, but don't know what else to look for—then at least you should look for our name. We put it on to promise you that all the Heritage extras have gone in. This china cabinet is from our new Windermere Collection, and it costs about $1,200. For a catalog of this and some other Heritage collections, plus a useful room-planning kit, send $2 to Heritage Furniture, Dept. SC-79, Drexel, North Carolina 28113.

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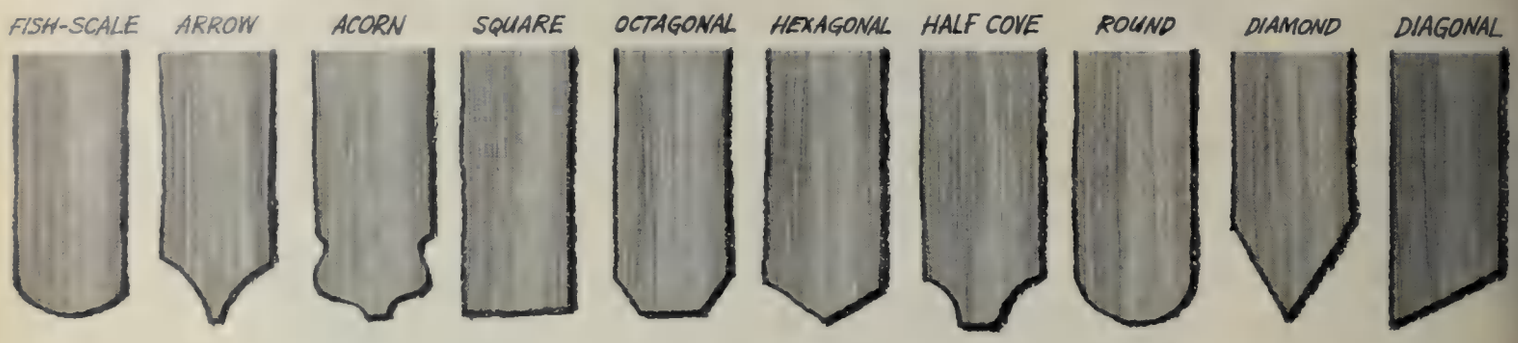
Victorian style shingles are making a comeback



Fancy-cut shingles give the look of Victorian craftsmanship to an otherwise unrelieved façade. And on an interior wall they can be an attractive covering or decorative device.

The shapes shown above are the most popular and easiest to order. Cut from Western red cedar they come from two large mills in Washington and British Columbia that make just about all the fancy shingles readily available in the West. Generally they cost about twice as much as standard singles.

These shingles measure 5 inches wide by 16 or 18 inches long. All are rated #1 grade which means they have vertical grain and are free of knots. They are packed 160 to the bundle with three bundles per square. Applied with 6 inches exposure, a square will cover 100 square feet.

You nail up decorative shingles in much the same way as standards. A layer of saturated felt construction paper goes on first. Over most surfaces, 4-penny nails applied within an inch of either side will secure the shingle.

Rather than use a chalked line to mark the level of each row, use a thin wooden nailing strip and hold each shingle in place to nail. (The chalk line would show around the edges of the round and pointed shingles.) Gaps between shingles should be staggered between rows, or eventually water may seep onto the nailing surface.

Since fancy-cut shingles are all the same width, the space between them should line up with the middle of the shingle below to preserve a uniform pattern.

To find the name of a distributor in your area, write to either of two lumber mills that cut the shingles: Shakertown Corporation, Winlock, Wash. 98596, or Canadian Forest Products, Ltd., Huntting-Merritt Shingle Division, 9149 Hudson St., Vancouver, B.C. From the time you place the order with the distributor, it should take about a month for delivery.□

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Buy Ful-Stain at the paint dealer where you see the sign of O'Brien, Fuller-O'Brien, or Dixie-O'Brien.

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Kashmir-Oct. 20

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My heart goes out to craftsmen working on the most exquisite embroidery.
Fashioning papier-mâché, silver, wood, with innate artistry.
My houseboat on Dal Lake costs me only $6 a day.
A staff of attentive servants.
My own Shikara (gondola) to take me everywhere.
My boatman a blue-eyed child.
Gulmarg.
Fantastic view of the high Himalayas.
But Pahalgam is different.
A less gentle beauty.
A murmuring river.
Glaciers.

Ajanta-Oct. 25

Caves.
Fantastic treasure.
A forgotten world.
Who are these people who live forever captive in shadows?
Long lidded eyes.
A sensuous mouth.
Startlingly modern coiffures.
2000 years old.
There is color and movement here in this other world.
Hewn from rock.
Discovered only in the last century.

Bombay-Oct. 29

The Taj Mahal Hotel.
Comfort.
And so uniquely Indian.
Bombay is a modern cosmopolitan city.
But the contrasts amazed me.
The beach is beautiful.
I lie on silver sand.
So peaceful, I fall asleep to the rustling of palm trees.

See India.
It's another world.

For information please contact The Government of India Tourist Office, N. Y., 19 E. 49th St.; Chicago, 201 N. Michigan Ave.; San Francisco, 685 Market St. Also Canada; Mexico.

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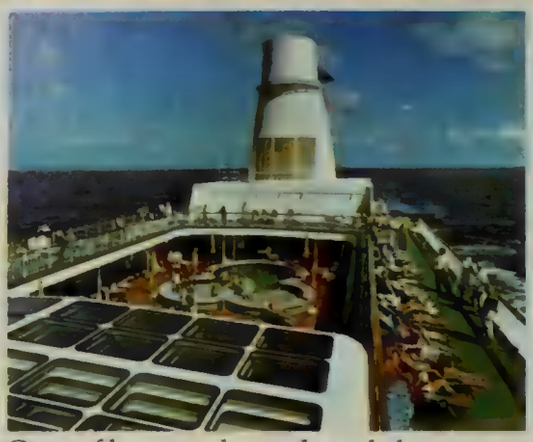
Art objects courtesy of SONA.

Her presence is commanding. She moves with assurance. Her Norwegian designers had one thing in mind— cruising. In no other ship has style and comfort been so richly combined. Unless, of course, you have the Italian registered Princess Italia in mind.

Whether it's the sweeping elegance of her Carib Lounge or the delightful decor of her Carousel Bar, the Island Princess caters to your needs. 4 spacious elevators whisk you from deck to deck.



One of her two heated pools has a sliding Solardome® Swim in any weather. There's a gym and a sauna.

And if you like to stroll, you could parade a regiment on her sundeck.

82% of her staterooms have an ocea view. And as for the food— it's distinctly Continental, created by Europe's finest chefs.

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Introducing th
A ship to match th

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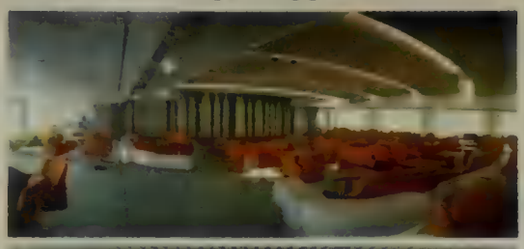
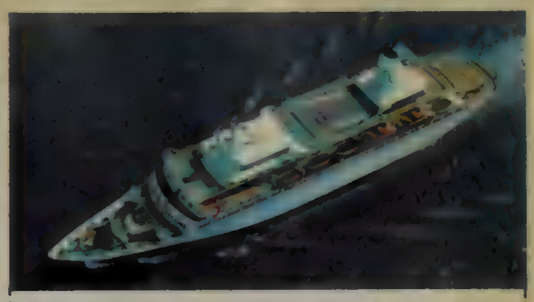
Our new ship also sails Dec. 18 from an Francisco and Dec. 19 from Los ıngeles for Mexico and Hawaii. A 17 day cruise. Call your travel agent. Or send in the coupon opposite.



You can't forget our newest ship, the Island Princess. Wherever the eye rests, there's beauty.



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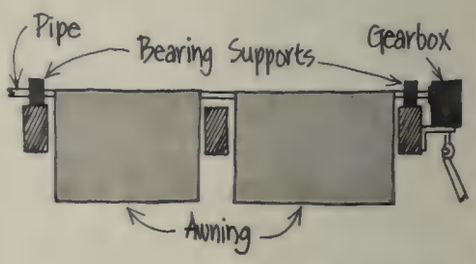
eauty of the Pacific.

Their sun control is a hand-crank panel-awning

JOHN ARMS

Canvas panels *crank down from trellis as easily as a store awning, allow partial views, room to walk next to house*



Panels hang *from pipe held to beams by bearing supports, are rotated by right-angle gearbox*

A single hand-operated crank raises and lowers these five canvas awning panels, which shield the glass wall of architect Thomas Tomasi's house in Santa Rosa, California.

They block direct sunlight yet leave a partial view toward an oak-shaded creek. The panels are separated by the beams of the deck trellis and hang 2 feet away from the wall, allowing easy passage behind the awning and into the house.

The panels are stitched to other canvas pieces wrapped around a ¾-inch pipe, which is inserted through bearing supports bolted to the beams. A right-angle gearbox transmits the crank's torque to the pipe. When rolled-up, the panels disappear between two 2 by 4-inch rafters above the beams, spaced 6 inches apart to accept the bulky roll.

All fittings are standard awning accessories except one: Mr. Tomasi built a metal hood over the rafters to protect canvas from rain. Each panel is weighted at the bottom with pipe. □

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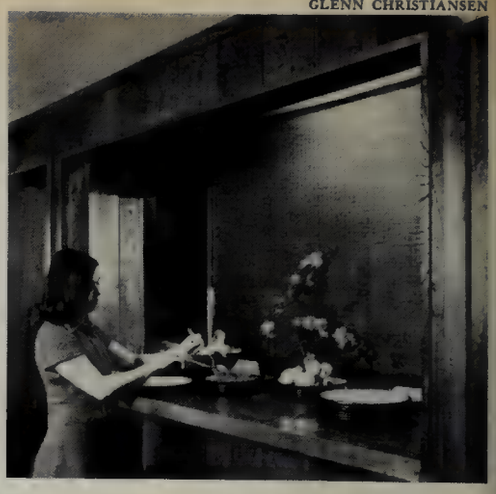
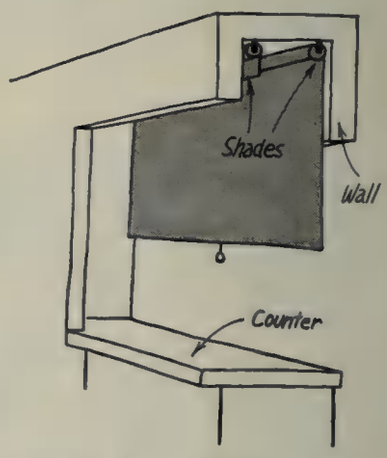


Counter *makes large buffet area with kitchen-side blind pulled down*



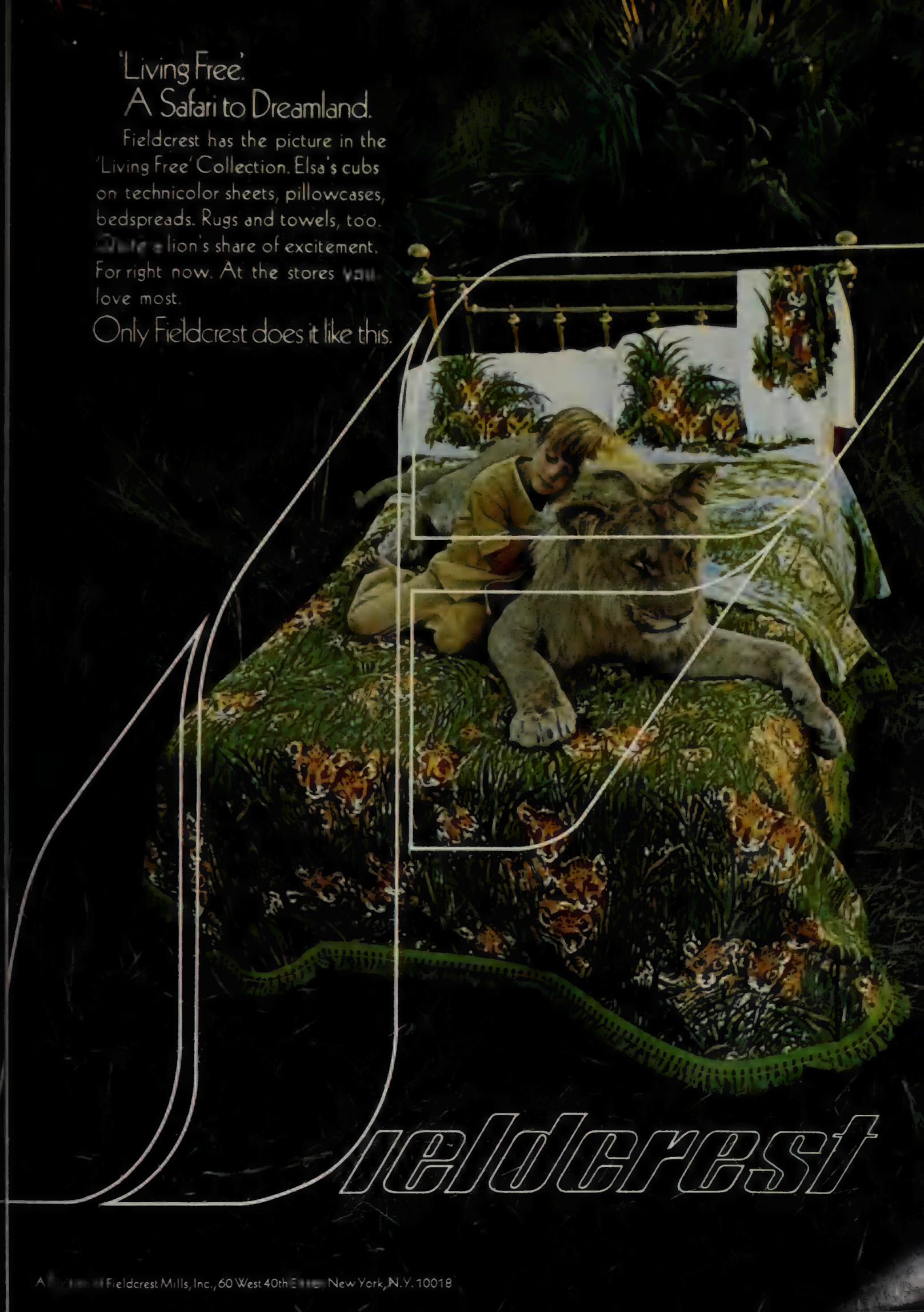
Spring *roller shades are concealed in ceiling area when pulled up*

Shades shut off the kitchen

Pull down one of the wood slat blinds and this counter becomes a buffet that serves the dining room—with pots and pans and other doings in the kitchen out of sight.

Pull down the other blind and the counter can be used to give the cook more work space. It's also handy when you need to separate an adult party in the dining room from children eating in the kitchen.

The Japanese ash counter, shown above, was designed and built by owner Jeffery Smith of Portola Valley, California. It is 3 by 6 feet by 42 inches high. The ash is sealed with four coats of spar varnish, lightly sanded between coats. A light fixture in the ceiling between the shades illuminates the counter. Electric wall outlets on the side wall are convenient for heat trays, coffee percolators, and electric cookware. □


'Living Free'.
A Safari to Dreamland.
Fieldcrest has the picture in the 'Living Free' Collection. Elsa's cubs on technicolor sheets, pillowcases, bedspreads. Rugs and towels, too. Quite a lion's share of excitement. For right now. At the stores you love most.
Only Fieldcrest does it like this.
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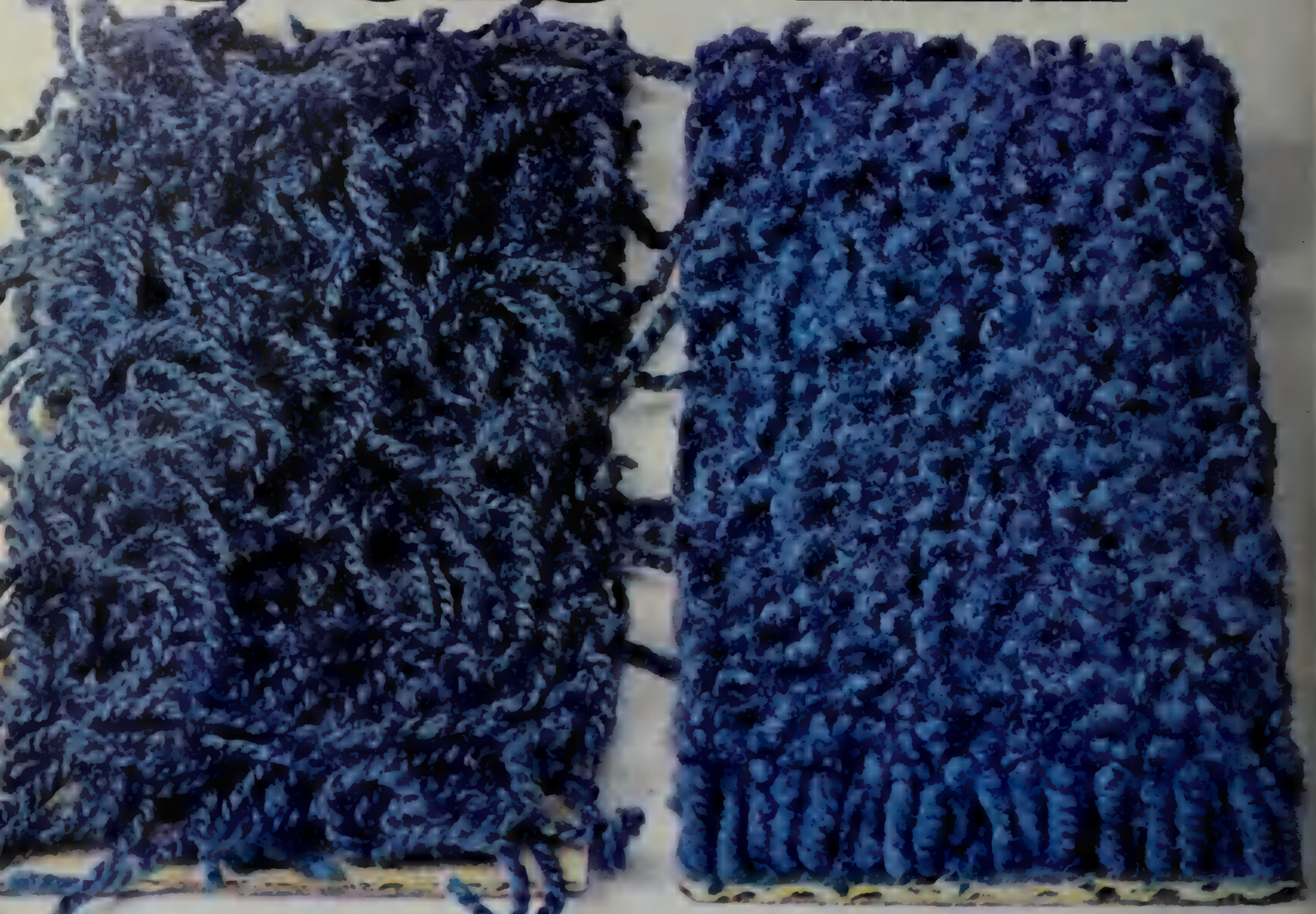
Out In



Long, limp, loose shags.

Thick, healthy, plushy Body Shags. Invented by Lees.

A Body Shag, as if you couldn't guess, is a shag with a firm body. And lots of bounce. Perfect for Western living.

When Lees dreamed up this one, of DuPont nylon, they called it "Dream-Along." Because it'll stay dreamy-looking for a long, long time.

You can find out where to buy it by calling 800-243-6000, free, any time of day.

When you think about it, what's happened to carpet is the same thing that's happened to hair. From long, limp and unkempt to lustrous, well-groomed and full of body.

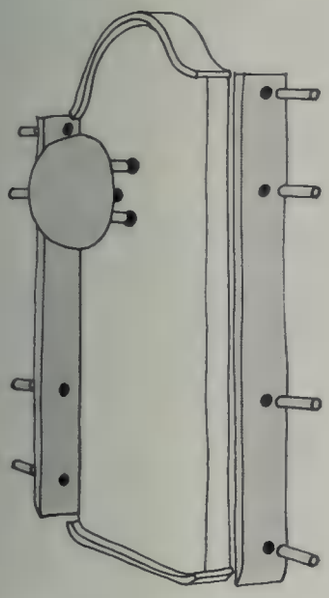
Aren't you glad?

Lees Carpets, a Division of Burlington Industries.

LEES the Newsmaker
carpets

NORMAN A. PLATE

Plaque *(above) tells house number, owner's name. Sides, lion's head (below) are attached with dowels*



The Clarkes live at 502

Your house number needn't be drab or obscure, as Jerry and Kay Clarke have shown with this handsome, hand-carved plaque in front of their Capitola, California, home.

The plaque is 13 inches wide and 20 inches high, and was carved from a 2-inch-thick piece of Philippine mahogany after the design was traced onto the surface. The lion's head was carved separately and attached with dowels; a 2-inch-thick border strip was doweled onto each side to extend the 12-inch width of the board. Materials cost about $8. □

Want to lose 4 pounds fast?

Start now and save 15¢ on new Slender Pudding or regular Slender.

Just stick with 900 Slender calories a day and you'll get a thrill at the end of the week. We know. We put dieters, who were at least 20% overweight, on Slender for three weeks. The first week, they lost an average of 4 pounds. The second week, an average of 3½ pounds. Mixed with the substantial nutrition of milk, or chilled from the can, Slender's taste is unbeatable. And that includes our new pudding too. So ask your doctor and get started, while you can save money in the bargain!

15¢

SL268-6

Clip coupon for 15¢ off on three cans or one box

STORE COUPON

STORE COUPON

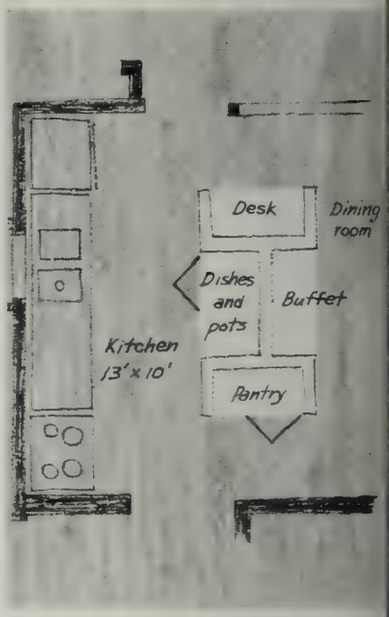
To Grocer: This coupon is redeemable for 15¢ (plus 3¢ handling) through Carnation salesmen, or if mailed to CARNATION COUPONS, Box 171, Pico Rivera, California 90660, provided it has been used for the purchase of either 3 cans of liquid Slender or one box of instant Slender, or one box of New Slender Pudding, in accordance with this offer. Any other use constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Void if use is prohibited, taxed, or otherwise restricted by law. Limit one coupon per family. Cash value 1/20 of 1¢. Slender® diet food for weight control, Carnation Company, Los Angeles, California.

SL268-6

15¢

GLENN CHRISTIANSEN

No hanging *cabinets in this kitchen. Dishes and utensils are housed in floor-to-ceiling shelving in island (above) across from sink*



Packing *a lot in a small space, this kitchen has a working counter and center storage island*

Heart of this small kitchen is a four-function island

Every inch of space in this kitchen measures up to two requirements—ease of cooking and economy of construction.

A four-function island, designed by architect Walter Hansen, gives easy-to-see storage and acts as a divider (no wall needed) between the kitchen and dining room. Costly cabinet work is limited and everything the cook needs is stocked within close reach in the island.

Buffet *serving area on one side of island faces dining room. Dishes, place mats, wine stored below*

Compact *planning and phone center on end of island holds files and cookbooks*

If you've got Early American, we've got the ceiling to match.

Armstrong introduces Colonial Sampler, the first Early American Chandelier® Ceiling.

You may have already seen our elegant Chandelier Ceilings, with their richly textured designs that flow smoothly from wall to wall . . . ceilings made to dine under, entertain under.

But you've never seen one like our new Colonial Sampler. It's the first Chandelier Ceiling designed especially for an Early American room.

There are lots of ways to capture this traditional look: Colonial furniture, a print wallpaper, pewter. Now you can complete the picture with Colonial warmth and charm on the ceiling as well.

All you need are a few hours and a few dollars. Enough tile for a 10′ x 15′ room costs no more than $75 (far less than a Colonial chair). Any reasonably handy husband can install it, or your dealer can arrange professional installation.

You don't have an Early American room? No problem. We've also got a new Spanish and a new French Provincial design as well as several contemporary Chandelier Ceilings to fit your particular style.

See the entire collection of Chandelier Ceilings at your Armstrong dealer's. To find the one nearest you, call this toll-free number: 800-243-6000. For a **FREE INFORMATION PACKET on Chandelier Ceilings,** write to Armstrong, 7209 Race Avenue, Lancaster, Pa. 17604.

CEILINGS BY
Armstrong

CREATORS OF THE INDOOR WORLD™

Today the pocket. Tomorrow the world.

You'll conquer the world with this one. The new Kodak pocket Instamatic 60 camera.

It has the most features of any in Kodak's new line of Pocket cameras. Like a built-in automatic exposure control for taking pictures indoors and out. Plus a superb f/2.7 Ektar lens. Even a coupled rangefinder for extra precise focusing. And it uses self-powered magicubes for flash.

The Pocket 60 takes the new little drop-in film cartridge. You get big, sharp 3½ x 4½-inch color prints. Or color slides.

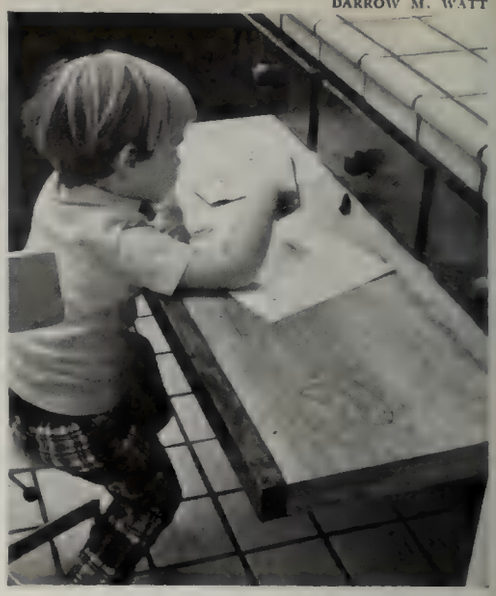
To show these new small slides, there are new Kodak pocket Carousel projectors. (You can also get adapters to show them on any 2 x 2 projector.) These new Pocket projectors, in stylish black with wood-grain panels, are only a little over 8 inches square. And yet they take a full 120-slide tray.

See the Pocket 60 at your photo dealer's. It's less than $128. Kodak makes your pictures count.

New Kodak pocket Instamatic 60 camera.

Kodak

DARROW M. WATT



Board *can be child's art table . . .*

ELLS MARUGG

. . . or her mother's chopping block

Drawing board or chopping block

An extra large pull-out board is sturdy enough to serve here both as chopping block and child's playtable. It increases the kitchen's usable area, and then slides neatly away under the kitchen drawers.

Here it's paired with a chair that cranks up high enough to seat a small child at the counter or low enough for mother to do tedious tasks.

It is a block of laminated ash 2 inches thick, 36 inches long, and 24 inches wide. Its lacquered edge-board matches cabinetry. Designers were Mackinlay/Winnacker AIA, Oakland. □

GREAT GROCERIES AREN'T ENOUGH

We have to be great in other ways, too. Our prices have to be as low as we can cut them. We have to be friendly and helpful. We have to offer extra services like freshness code dating and unit pricing. And that's what we do. Every day.

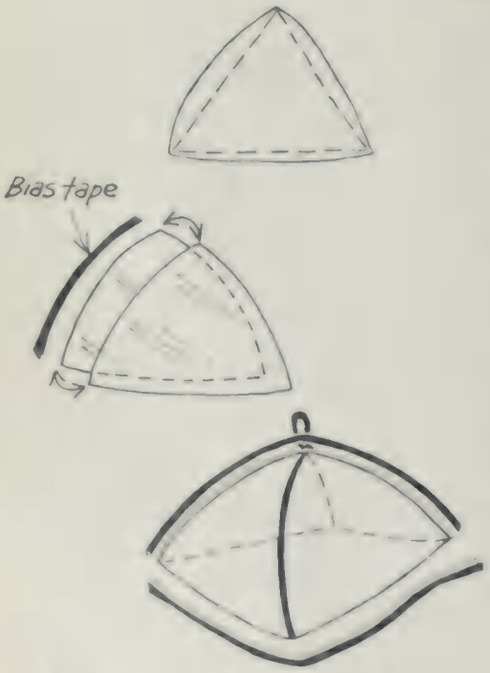
ALBERTSONS

THE FOOD PEOPLE WHO CARE

DARROW M. WATT

See-through *plastic cover keeps flies away (above). You can make small ones (right) for individual desserts*

A see-through bonnet goes over the food



Cut four *rounded triangles (top). 3-inch tape over edges of two triangles to form half circle (center). Join two half circles with long piece of tape (bottom) with tape around lower edge*

Here's a new way to foil a fly. These food covers can be stitched together in minutes. The basic design is four rounded triangles of clear flexible plastic ($1 a yard, 54 inches wide) joined by double-fold bias tape. When not in use the covers collapse for easy storage at home or in your hamper on the way to a picnic.

Make paper patterns first. Select the plate or tray to be covered and measure the diameter. This is the length of the base of each of the four triangles. If the food container you wish to cover is not flat but has sides, increase the base length by the distance from the top of the side to the table.

The height is usually 1 to 4 inches less than the base length, but you can adjust it to accommodate almost any height food mound you plan to cover. Measure the height from the middle of the base and draw lines from that point to complete triangle. Then round the sides of the triangle as shown in first sketch at left. Cut it out and make three more of the same.

Lightly assemble the four paper triangles with cellophane tape and check the cover size before cutting the plastic. Untape the pattern and use one triangle to cut four identical pieces of plastic.

Cut two lengths of bias tape a little longer than the length of one side of the triangle. With two pieces of plastic placed flat together, slip the bias tape over the edges. Hold in place with cellophane tape and stitch from the bottom edge to the top point, making sure both plastic and tape are caught. Trim the tape to the edge of the plastic. Stitch the other two triangles together the same way, but do not yet join the two pairs.

Make a loop handle by cutting a 3-inch length of bias tape; stitch ends together.

Open up the two pairs of plastic triangles. Wrong sides together, match their edges. Cover the edges with a piece of bias tape twice the length of one side. Use cellophane tape to hold in place. Start stitching from bottom edge of one side. When you near the top, slip ends of loop handle under tape. Continue stitching across the top to the bottom of the other side.

Open up. Cover entire bottom edge with bias tape; stitch. Turn under final end of tape about ½ inch. □

Why we offer a Soak Cycle when you have a perfectly good sink.

All dishwashers do not wash *all* dishes. That's why KitchenAid developed Soak Cycle.

It's a patented* cycle designed to remove hard-to-clean food soils on pots and pans. It's a combination of washing and soaking needed to loosen stubborn food residue.

The advantages are many. You don't have to put up with a messy sink, or prepare your dishes for the dishwasher or wash pots and pans separately. Just put them in your KitchenAid dishwasher and press the Soak Cycle button.

See your KitchenAid dealer. He's in the Yellow Pages. KitchenAid Division, The Hobart Manufacturing Company, Dept. 2DG-9, Troy, Ohio 45373.

KitchenAid
Dishwashers and Disposers

*Patent No. 3,549,294

KitchenAid. Built better. Not cheaper.

If your gas range won't do what Hardwick's will do it's time to replace it.

KEEPS THE SAUCE FROM BURNING.
The Burner-with-a-Brain* controls temperature automatically. Your food won't burn—and you save gas.

HOLDS FOOD AT SERVING TEMPERATURE.
There's a special keep-warm oven setting that holds food at just-right temperature, without drying it out.

CLEANS ITSELF WHILE IT COOKS.
Hardwick's EverKleen® Continuous Cleaning* gas oven has a special finish that cleans itself at ordinary baking temperatures.
*A.G.A. Marks

TELLS TIME THE MODERN WAY.
New digital clock has big numbers you can read at a glance.

TURNS THE ROAST DOWN AUTOMATICALLY.
Even if you're not there your Hardwick automatic oven watches the roast and turns it down when it's done.

Gas, clean energy for today and tomorrow.
AMERICAN GAS ASSOCIATION

HARDWICK
HARDWICK STOVE COMPANY ▪ CLEVELAND TENNESSEE 37311

Rooftop sprinkler for fire safety

A rooftop sprinkler can lend a measure of fire protection to a house near a wooded or brushy area. It can help protect against burning debris that wind or fire draft may carry to the roof.

The sprinkler pictured here, at the home of Thomas Tomasi of Santa Rosa, California, is for a flat roof. It can be quickly turned on from inside the house.

The fixture is a rotary, impulse-type lawn sprinkler set to operate in a continuous circle when the water's on. It sits above the highest point of the roofline, atop a ¾-inch copper pipe that runs down through the house in the stud space of an interior wall to join the main water line under the house. The piping was included when the house was built, but you could add it easily if you open up a wall while remodeling.

The operating valve is reached through a small door set in the same wall as the pipe.

Where the pipe penetrates the roof, it's sealed with flashing and roof caulking.

In this case, one sprinkler under an average of 60 pounds per square inch of water pressure is enough to cover the 3,400-square-foot roof. If your pressure is less or your roof is larger, you'll need two or more sprinkler heads to wet the roof, overhanging branches, and shrubbery near the house. (This roof was photographed in the spring; for fire safety during summer and fall, it's swept clean of leaves.)

The house has its own well with an electric pump. If the power fails during a fire, the pump can be switched to a 3-hp gasoline-powered generator in the nearby garage. If you're on a municipal water line, an auxiliary pump leading to an alternate water source, such as a swimming pool, can help if your water pressure drops. □

JOHN ARMS

Sprinkler *head projects above roof, shoots spray of water across roof, overhanging trees*

Water pipe *runs along wall stud from basement to roof; indoor hatch opens to valve*

After vacuuming with regular rug attachment.

After vacuuming with Sears Powermate attachment.

If you want a really powerful vacuum, here's why you should come to Sears.

The Powermate is a canister and upright in one.

Literally beats deep-down dirt out of rugs. (Look at the actual unretouched photos above.)

Has the most powerful motor we've ever had on any vacuum cleaner—upright or canister.

Adjusts to 3 carpet heights—even shag—with the touch of a toe. 7 cleaning attachments, too.

At most Sears, Roebuck and Co. stores or through the catalog.

Model No. 2299

The Powermate.®

Only at Sears

Powermate results verified by Good Housekeeping Institute

How Varathane color looks on things that don't look so good.

Things like old chairs. Tables. Toys. Boats. Metal things. Ceramic or plaster things. Things that could stand a coat of paint.

But you don't have to paint them anymore. You can coat them in plastic. For protection.

That's what Varathane Colors in Plastic do. Just like Varathane clear.

They protect things against rust and corrosion. And against chipping, cracking or peeling. Inside the house or out.

What's more, these plastic colors are easy to apply. Because they're self-leveling and quick-drying—about 4 to 6 hours.

And you won't have to worry about matching up one thing with another after a couple of months.

You see, all 16 colors are formulated individually. That means one can of, let's say, royal blue will be exactly the same as your next can of royal blue. No matter when you buy it.

So, if you have some things that could stand a coat of paint, put on a coat of plastic Varathane instead.

It protects things so they look good longer.

FOR FURTHER INFORMATION WRITE: THE FLECTO CO., INC., P.O. [redacted] 12955, OAKLAND, CA. 94604

It protects things.

Varathane Colors in Plastic dealers:

CALIFORNIA

ALAMEDA
Alameda Glass & Paint
Alameda Vosburgh Hardware
Encinal Hardware
Pagano's Hardware Mart

ALAMO
Alamo Lumber
Kemp Hardware

ALBANY
Corey's

ALTAVILLE
B & C Builders Supply

ALTURAS
Ingraham's Hardware

ANGWIN
College Mercantile

ANTIOCH
Hal's L & H Paint Co.
Silvera Lumber

APTOS
Aptos Building Supply
Rancho Delmar Hardware

ARCATA
Hensel Hardware

ARNOLD
Ebbets Pass Lumber
The Unicorn

ATASCADERO
Grisanti Hardware

ATWATER
Passadori's Store
Paul's Paint Store

AUBURN
A & L Builders Supply
Auburn Lumber
Edgewood Supply
Lo Sierra
Ross Lumber & Bldg. Supply
Warehouse Paint

BELMONT
Belmont Hardware
Strip-Nu of San Mateo County

BERKELEY
Ashby Lumber
Berkeley Fuller Paint Store
C.B.S. Plywood
Consumer's Co-op of Berkeley
General Lumber
1000 Oaks Variety Hardware
So. Berkeley Hardware
Truitt & White Lumber

BISHOP
Pioneer Hardware

BOULDER CREEK
Boulder Creek Hardware

BOYES HOT SPRINGS
Parson's Lumber

BRENTWOOD
Brentwood Hardware
Copeland Lumber
Johnson Lumber

BRIDGEPORT
Ken's Alpine

BRISBANE
Brisbane Hardware

BRODERICK
Raley's Drug

BURLINGAME
Aames Paint
Broadway Hardware
Burlingame Gallery & Frame Co.
Burlingame Hardware
Burlingame Paint
George W. Bowers Paint
McClellan's Hardware
Remus Paint & Wallpaper

BURNEY
Hovis Hardware

CALISTOGA
Silverado Hardware

CAMBRIA
Cambria Builders Supply, Inc.

CAMINO
H & H Hardware

CAMPBELL
Kirkwood Hardware
Winchester Hardware

CARMEL
Brinton's Hardware
Carmel Builders Supply
Knapp Mill & Cabinet

CARMEL VALLEY
J. J. Murphy

CARMICHAEL
Burt Acker's Paint Store
Indian Valley Lumber Co.
Western Hardware

CARNELIAN BAY
Patton Lumber Company

CASTRO VALLEY
Castro Valley Lumber
Georges Total Color
J. P. Dolan Lumber Co.
Pete's Hardware

CERES
Modesto Lumber Co.

CHESTER
Builders Supply

CHICO
Aisthorpe Lumber Co.
Bigger's Electric Plbg. & Bldg. Matls.
Chas. C. Meek Lumber Co.
Collier Hardware
Hughs Plywood
Longfellow Lumber Co.
Sierra Paint & Wallpaper

CITRUS HEIGHTS
Payless Drug
Sylvan Lumber Co.

CLEARLAKE HIGHLANDS
Clearlake Lumber
Ford's Variety Store
Four Corners Builders Supply

CLOVERDALE
Sciaini Hardware, Inc.

COALINGA
Coalinga Hardware

COLFAX
Builders & Growers Supply

COLUSA
Colusa Paint & Wallpaper
Geo. L. Messick Co.
H. W. Klewe Hardware

CONCORD
C.B.S. Plywood
Concord Paint
The Handyman

CORNING
Corning Lumber Co.

CORTE MADERA
Paradise Hardware

COTATI
Cotati Oaks Hardware

CRESCENT CITY
Del Norte Building

CROCKETT
Pedrotti Hardware

CUPERTINO
Central Hardware
Cupertino Hardward Company
De Anza Lumber & Bldg. Matls.

DALY CITY
Seymour's Paint

DANVILLE
Fine Day Paints

DAVIS
Chris' Fuller Paint
Hibbert Lumber Co.

DIXON
Dixon Hardware & Lumber Co.

DOS PALOS
Mumby Hardware & Impl.

DUBLIN
C.B.S. Plywood
M. P. Dolan Lumber
San Ramon Glass & Paint
The Workbench

EL CERRITO
Griffin Lumber
J. P. Dolan Lumber Co.
Pastime Hardware

EL DORADO
El Dorado Forest Products

ELK GROVE
J. M. Derr Lumber

EL SOBRANTE
Oliver's Hardware
Valley Lumber & Hardware

ESCALON
Escalon M & J Lumber
Strand Bros. Hardware

ESPARTO
Wyatt's General Store

EUREKA
Gov-Mart Baza'r

FAIRFAX
Fairfax Hardware & Paint
Fairfax Lumber Company

FAIRFIELD
Foster Lumber Co.
Franklin Paint & Wallpaper
Solano Glass & Paint

FAIR OAKS
Bell Supply
Fair Oaks Hardware
Nardinelli's Oaks Hardware
Raleys Drug
Rosco Tempo

FALL RIVER MILLS
Fall River Mills Building Supply

FELTON
Felton Hardware

FIREBAUGH
Belli Hardware

FOLSOM
Folsom Lumber & Building Supply

FORT BRAGG
Fort Bragg Co-Op
Fort Bragg Building Material
Jim's Building Service
Lilley's Building Supplies

FORT JONES
Eddie Edgecomb

FREESTONE
Freestone Country Store

FREMONT
C.B.S. Plywood
Dale Hardware
J. P. Dolan Lumber Co.
Shannon's Paint, Inc.
The Handyman

FRESNO
All Wood Furniture
Custom Colors
The Handyman
Valley Hardware, Inc.

GALT
Schauer's Builders Supply

GAZELLE
Sherman Spangle

GILROY
Gilroy Lumber
Nob Hill General Store

GRASS VALLEY
A to Z Supply Co.
Builders & Consumers Lumber Co
Grass Valley Hardware
Hills Flat Lumber Co.
Knight's Paint Store
Moyle Paint & Glass Co.
Yuba River Lumber Co., Inc.

GRIDLEY
Bremer's Hardware, Inc.
Builders Supply
Cooper Bldg. Materials

HAYWARD
Boye Hardware & Paint
Haymont Hardware
Hayward Paint
Nude Furniture
Shannon Paint, Inc.

HEALDSBURG
Garrett Hardware and Plbg. Co.

HILMAR
Hilmar Lumber

HOLLISTER
Brown & Chappel
Hollister Paint Co.
H & T Hayward Lumber
McKinnon Lumber

HUGHSON
Curt's Bldg. Materials

IRVINGTON
Irvington Lumber

JACKSON
Spinco Hardware Inc.

JAMESTOWN
Mines Supply and Lumber Co.

KELSEYVILLE
Kelseyville Lumber

KINGS BEACH
North Shore Hardware

LAFAYETTE
Diablo Fence
Diamond K. Supply
Fiesta Paints
Lafayette Rental and Hardware

LAKE FOREST
Snyder Lumber Company

LAKEPORT
The Pacific Lumber Co.

LARKSPUR
Jim Carbet's Store

LINCOLN
Tofft Hardware
Wyatt Hardware

LINDSAY
Gordon Lindsay

LIVE OAK
Live Oak Building

LIVERMORE
Coast to Coast Stores
Granada Hardware
Livermore Paint Center
Nelson Hardware
Valley Paint & Wallpaper

LOCKEFORD
C & L Lumber Co.

LODI
Colburn's Glidden Paint Co.
J. L. Winchester & Sons Paints
Lodi Paint & Wallpaper
Millers Millwork Mart

LOOMIS
The Hardware Emporium

LOS ALTOS
Cudahy Paint
Rancho Hardware & Garden Shop
The Householder

LOS BANOS
Builders Lumber
Los Banos Hardware, Inc.

LOS GATOS
Blossom Hill Paint & Wallpaper
El Gato Building Material, Inc.
Los Gatos Hardware Co.
Rural Hardware Supply
Village Hardware
Woodworkers

MADERA
Eno's Hardware
Madera Lumber Hardware

MANTECA
Hardware Mart

MARINA
Marina Lumber Company

MARTELL
Amador Lumber

MARTINEZ
L. M. Lasell Co.

MARYSVILLE
Burchell Hardware
Marysville Plumbing
Speckert Building Supply
Union Lumber Co.

MAXWELL
J. H. Reckers

McCLOUD
McCloud Building
McCloud Hdw. & Sptg. Goods

MEADOW VISTA
P & S Hardware

MENDOTA
Valley Hardware and Supply

MENLO PARK
Ace Hardware
Beevers' Hardware
Cheney's Paint & Wallpaper
Ludcke's Paint
Menlo Park Hardware Inc.
Rayburg Lumber

MERCED
Yosemite Builders Supply

MIDDLETOWN
Corner Store

MILLBRAE
Jack's Hardware
Murray's Hardware

MILL VALLEY
Goodman Building Supply
Marin Floor Covering Co.
Mill Valley Color Center

MILPITAS
Holland Lumber
M. P. Dolan Lumber Co.

MODESTO
Al's Unfinished Furniture
American Lumber
Cyn's Paints
Ed J. Lyng, Inc.
McWilliams Home Improvement Center
Modesto Lumber Co.
Ray's Paint Store
Simpson Paint
Vic's Hardware

MONTEREY
Bradbury's Paint & Wallpaper
Carr Hardware
M & S Builders Supply
Smith Bros. Hardware
Tynan Lumber

MORAGA
Don's Color Center

MORGAN HILL
Morgan Hill Glass & Upholstery
Squeri Bros. Hardware

MOUNTAIN VIEW
Bickell Bros. Lumber & Bldg. Mat
Hubbard & Johnson Lumber Co.
Kolor King Stores
Minton Lumber & Supply
The Handyman

MT. SHASTA
Mt. Shasta Lumber
Vanni Building Supply

MURPHY'S
Mountain Home Supply

NAPA
C.B.S. Plywood
Don Thompson Paint & Supply
Doolittle Paint Mart
Dybdahl Building Supply
Jackson's Glidden Paint
Kenyon Builders Supply
Massen's Morwear Paint
R. W. Wallace
Talley Paint & Supply Co.
The Art Shop

NEWARK
Newark Hardware & Impl.
Sears Newark Department Store

NO. HIGHLANDS
Highlands Hardware

NORTH SACRAMENTO
Roscoe D. Cook

NOVATO
Doolittle Paint Sales
Novato Paint Co .
Oscar's Paint Store
Pini Hardware

OAKDALE
Himes Building Materials

OAKLAND
Allstate Plywood Co.
Big B Lumberteria
Blackman Lumber
Blanfard's Paint
Brodshawn Hardware & Electric
C.B.S. Plywood
Decorator's Paints, Inc.
Ellis Hardware Co.
Fiorio Hardware
Glenview Hardware
Keystone Furniture
Laurel Hardware
Freeway Variety
Mark's Paint Store
Pearson Hardware Co.

ORINDA
Orinda Hardware

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ORLAND
Hazelton Lumber Co.
Ward Lumber Co.

OROVILLE
Ken's Paint & Supply
Mary Carter Paint
Moore's Hardware
Table Mountain Lumber Sales
Thode & Sons Lumber Co.

PACHECO
Big B Lumber

PACIFICA
Linda Mar Paint Center
Pacifica Lumber Co.
Pacific Manor Hardware

PACIFIC GROVE
Big Sur Redwood Supply
Coast Hardware
Hayward Lumber Company
Holman's Dept. Store
H. T. Hayward Lumber
Kidwell Paint Co.

PALO ALTO
California Avenue Paint
California Paint & Wallpaper Store
Eyerly's Hardware
Hubbard & Johnson Lumber Co.

PARADISE
Builders Supply
Fuller's House of Color
Paradise Lumber Co.
Paul's Paint

PETALUMA
Doolittle Paint Mart
Hakon Hansen Paint
Home Owners Lumber
Morwear Paint Store

PINE GROVE
Amador Lumber

PINOLE
Pinole Valley Hardware
Three Bros Hardware
Valley Lumber & Hardware

PITTSBURG
Cardinale Paint Co.
Diablo Lumber Co.
Piedmont Lumber

PLACERVILLE
Blair Bros. Lumber Co.
Paint Spot & Supply Co.
Placerville Hardware
The House Doctor

PLEASANT HILL
Dean Pierce Paint Co.
Fowler's Wood Craft

PORTOLA VALLEY
Jim's Hardware

QUINCY
Quincy Lumber Co.

RED BLUFF
Lyon & Garrett

REDDING
Army-Navy Stores
Chas. C. Meek Lbr. Co.
Christian Lumber Co.
Howell's Paint
Hughes Plywood of Redding
Redding Paint Mart

REDWOOD CITY
Fifth Avenue Hardware
Imperiale Ace Hardware
Jordan's

RHEEM VALLEY
Kemp Hardware

RICHMOND
Ata[illegible] Hardware [illegible]
[illegible] Co-op of Berkeley
[illegible]

RIO LINDA
[illegible]

RIPON
Schemper [illegible]

ROCKLIN
Deer Creek Lumber [illegible]

ROSEVILLE
Rayel's Drug

SACRAMENTO
American Paint Co.
Barkwood Lumber Co.
Broadway Hardware
Browns Hardware
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Built-in *container at second floor landing of stairs shown in bottom right picture contains cascading ferns*

GLENN CHRISTIANSEN

DARROW M. WATT

Pots *rest on wood scraps, stones for extra height, drainage*

Watertight metal planter boxes for gardening indoors

Plants *sit in box at top of stairs. Architects: Sabin O'Neal Mitchell for Dr. Leonard Hayflick home*

Jungle-fashion, *climbing philodendrons stretch toward light above stair landing. Architect: Dartmond Cherk for Sai Loy residence, San Francisco*

Built-in planters make it easy to keep indoor plants in the two houses shown on this page.

The planters are large enough to hold a number of plants. The plants are all in pots, which makes it easy to rotate them. The owners can bring in seasonal color with azaleas or tulips or outdoor plants such as citrus or bamboo for a short stay. Each year, the large planter at right holds the family Christmas tree.

Metal lining makes the boxes waterproof. (Use copper or a less expensive sheet metal.) Five metal sheets are welded together to form a watertight box inside the outer, visible boxes of gypsum board and wood. The liners were ordered from sheet metal shops. □

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DARROW M. WATT

Handwoven *pillows made from Greek shoulder bags. Top one is from Crete, lower two from Mykonos*

Typical *wool tagari with braided shoulder strap*

To convert *tagari to pillow, use muslin and foam inner pillow*

Greek pillows from Greek purses

Shoppers in Western import stores and visitors to Greece are often taken with the handcrafted beauty of the tagari or Greek shoulder bag. Nubby in texture and striking with vegetable-dyed colors a tagari can be easily transformed into a handsome throw pillow.

The extra long strap, which Greeks sling across their backs to keep their hands free, is removed and turned into a decorative pillow trim.

To assemble pillows, first sew trim around one or more sides, adding and subtracting tassels as you wish. Next, make a muslin inner pillow, and stuff it with shredded foam or other filling. Then stuff the muslin pillow into the tagari and handstitch to close. Finish with additional braid and tassels.

You can make an assortment of pillows from a variety of these purses. Some have stitchery on top (see picture at left). Others use a couscous or raised weft weave like the Cretan tagari above.

In America, these bags range from $3 to $20. The less expensive ones are usually cotton, sometimes handwoven. Purses from about $9 up are woven on wooden looms from sheep's wool; some are stitched in needlepoint. □

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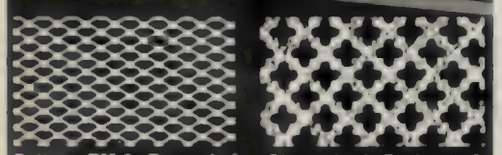
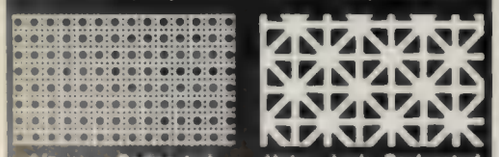


Pattern EM 3, Expanded — Clover leaf, Perforated



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Straightforward *structure is left unfinished. Optional back panel is covered with decorative paper*

NORMAN A. PLATE

Among its merits . . . quick assembly and disassembly

Several features make this piece of furniture a woodworking project worth considering.

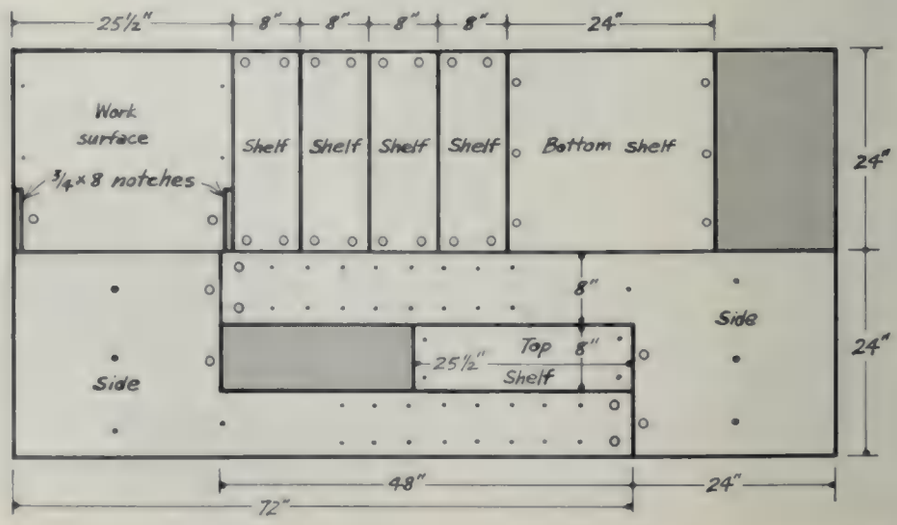
It is cut from one sheet of ¾-inch A-A grade plywood as shown in the cutting pattern below, and requires only a hand saw, drill, and screwdriver to build. The plywood costs about $16. You'll need about 35 stove bolts, trim washers, and nuts, which will cost about $2 more. A piece of ⅛-inch plywood or hardboard can be tacked to the back of the structure for added lateral strength.

The simple fastening system used for joining the pieces of plywood is shown in the drawing below. It allows you to dismantle the entire piece with a screwdriver in minutes.

Drill a ¾-inch hole ½ inch in from the edge of one piece. Now drill a 3/16-inch hole (at a right angle to the first) at the edge of the second piece. This hole will continue through both pieces and cut into the side of the first hole. Use number 10 flathead bolts (1½ inches long) to join the two pieces. The bolt goes through the 3/16-inch hole and passes into the ¾-inch hole, where a nut is attached. For adjustable shelves, drill bolt holes in the sides as shown in the sketch below.

Trim washers improve the appearance of the bolts.

The designer and builder of this unit, Don Ryan of Canoga Park, California, says you can change the height of the work surface by cutting the sides higher. This way you can choose whether to use the unit as a bookshelf, night stand, typewriter desk, or full-height desk. □



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Sunset's Kitchen Cabinet

The abundance of vegetables and fruits in our Western gardens and markets this month makes it easy to plan family menus that look colorful, taste fresh, and require a minimum of effort.

You might heat thick slices of large tomatoes with a topping of sour cream and cheese or use fresh tomatoes and green peppers to spark a sweet-sour sauce for fried fish. Swiss chard, cooked and puréed, makes a

Large, thick tomato slices topped with seasoned sour cream, shredded Cheddar

Chile-Cheese Tomatoes

The tomato slices heat under the broiler just long enough to firm and brown the zesty topping.

- 3 large or 4 medium-sized firm-ripe tomatoes, peeled
- ½ pint (1 cup) sour cream
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon sugar
- 1 tablespoon flour
- 2 tablespoons chopped green onion
- 1 to 2 tablespoons chopped canned California green chiles
- 1 cup (about ¼ lb.) shredded Longhorn Cheddar cheese

Cut each large tomato into 3 thick slices or cut medium-sized tomatoes in halves. Squeeze each gently to remove some of the seeds. Arrange the tomatoes, with cut sides up, on the rack of a broiler pan. In a small bowl combine the sour cream with the salt, pepper, sugar, flour, green onion, and green chiles; stir until well blended. Spoon mixture evenly over the tomatoes and then sprinkle the cheese evenly over the top.

Just before serving, place tomatoes in a preheated broiler about 4 inches from heat and broil just until the cheese is bubbly and golden brown, about 4 minutes. The tomatoes will be just warm. Makes 8 or 9 servings. —*S. M., Ontario, Calif.*

Crisp bacon and chopped mushrooms enliven this bright green chard soup

Swiss Chard Bisque

You can serve this colorful, creamy soup as a first course or for lunch.

- 1 bunch (about 1 lb.) Swiss chard
- 1 can (about 14 oz.) regular-strength chicken broth
- ¼ cup butter or margarine
- 1 cup chopped mushrooms
- 3 tablespoons flour
- ¼ teaspoon curry powder
- 1 pint (2 cups) half-and-half (light cream)
- Salt and pepper
- 4 slices bacon, crisply fried and crumbled

Wash chard well; drain. Cut off and thinly slice the white stems; separately slice the leaves. Place stems in a frying pan, add 2 tablespoons of the broth, cover and cook over medium heat until tender, about 4 minutes. Add leaves and 1 more tablespoon broth (if needed) and cook, covered, until limp, about 3 minutes longer. Turn chard and remaining broth into a blender and whirl until smooth. (You should have 3 to 3½ cups.)

In a frying pan melt butter over medium heat; add mushrooms and sauté 5 minutes. Stir in flour and curry powder; cook until bubbly. Slowly add cream; cook, stirring, until thickened. Add chard purée and salt and pepper to taste. Garnish with bacon. Serves 4.—*T. W., Paradise, Calif.*

Pass small bowls of condiment toppings to garnish servings of chicken, rice

Chicken and Rice Pilaf

This entrée is simple to make with chicken parts and a flavored rice mix.

- 3 tablespoons salad oil
- 4 *each* chicken legs and thighs
- 2 medium-sized onions, sliced
- 3 cloves garlic, minced or mashed
- ½ teaspoon *each* ground ginger and ground coriander
- ¼ teaspoon ground cumin seed
- 1 package (8 oz.) chicken-flavored rice mix
- 1 can (about 14 oz.) regular-strength chicken broth
- Water
- 1 whole cinnamon stick
- Salt and pepper

Heat the oil in an electric frying pan or Dutch oven. Put in chicken and brown on all sides; set chicken aside. Add to pan the onion, garlic, ginger, coriander, cumin, and rice mix; cook and stir 3 to 5 minutes. Measure broth; add water to equal liquid called for on the rice package; stir into rice. Add cinnamon and chicken to pan; cover and simmer gently until chicken and rice are tender, 35 to 40 minutes. Season to taste with salt and pepper.—*S. C., Seattle.*

Toppings. Choose from seedless raisins, chopped green pepper, chopped hard-cooked eggs, sliced almonds, crumbled cooked bacon, chutney. Pass in small bowls.

vivid green soup. Crisp fall apples and carrots make a good salad choice.

We welcome your own recipe creations. Mail them to *Sunset Magazine*, Menlo Park, Calif. 94025. We pay $10 for each recipe published.

Sweet-sour fish or chicken pilaf with bisque and an apple salad

Sweet and Sour Fish

First prepare all the ingredients and mix the sweet-sour sauce.

- 2 pounds Greenland turbot or halibut fillets, thaw if frozen, cut in 2-inch squares
- About ⅓ cup cornstarch
- Salad oil
- 1 clove garlic, minced or mashed
- 1 onion, cut in 1-inch squares
- 1 medium-sized green pepper, cut in 1-inch squares
- 1 medium-sized tomato, cut in 1-inch cubes
- Sweet-sour sauce (recipe follows)

Roll the fish pieces in cornstarch, and shake off excess starch. Heat salad oil (about ¼-inch deep) in a large frying pan over medium-high heat. Add fish, a few pieces at a time, and fry until brown on all sides and the fish flakes easily, about 5 minutes. Drain and arrange on a platter; keep warm.

In another pan heat 2 tablespoons oil over high heat. Add the garlic, onion, and pepper; cook, stirring, for 2 minutes. Add tomato cubes and sweet-sour sauce. Heat, stirring, to boiling, about 1 minute; pour over fish. Serves 4 to 6.—*A. L., Scottsdale, Ariz.*

Sweet-Sour Sauce. Mix 1 tablespoon cornstarch with ¼ cup sugar. Stir in 2 tablespoons *each* soy sauce and catsup, ¼ cup vinegar, and ½ cup chicken broth.

Serve hot, steamed rice to accompany crisply fried fish and sautéed vegetables

Golden Apple Salad

Top this salad with chopped salted nuts such as macadamias, cashews, or peanuts.

- 2 medium-sized Golden Delicious apples
- 1 can (13 oz.) pineapple tidbits
- 2 medium-sized carrots, shredded
- 1 package (3 oz.) cream cheese, at room temperature
- 1½ teaspoons grated lemon peel
- 2 tablespoons lemon juice
- 2 teaspoons sugar
- ¼ teaspoon *each* ground nutmeg and salt
- Crisp salad greens
- Salted nuts (see above)

Core but do not peel apples; cut into ½-inch cubes. Drain the pineapple reserving 1 tablespoon of the syrup. Combine apple, pineapple, and carrot.

Blend the cream cheese with the 1 tablespoon pineapple syrup, lemon peel, lemon juice, sugar, nutmeg, and salt. Gently mix into the apple mixture. To serve, line a rimmed serving plate or salad bowl with crisp greens. Mound apple mixture on the greens and sprinkle the nuts on top. Serves 4 to 6.—*R. M., Roseburg, Ore.*

Instead of canned pineapple tidbits you can use about 2 cups small cubes cut from a fresh pineapple. Then omit the pineapple syrup and sugar and instead use 1 tablespoon honey.

This apple and carrot salad has a sweet accent of canned pineapple tidbits

Lemon-Nut Squares

These layered bar-type cookies have a baked crust, a richly flavored nut filling, and a tangy lemon glaze.

- 1 cup regular all-purpose flour (unsifted)
- ⅓ cup soft butter or margarine
- 2 eggs
- 1 cup firmly packed brown sugar
- ¾ cup granola-type cereal
- ½ cup chopped walnuts
- ⅛ teaspoon baking powder
- ¾ teaspoon vanilla
- 1 teaspoon grated lemon peel
- 1½ tablespoons lemon juice
- ¾ cup sifted powdered sugar

For the crust, combine the flour and butter; mix with your fingers until crumbly. Press into the bottom of a greased 8-inch-square baking pan. Bake in a 350° oven for 20 minutes. Meanwhile beat eggs slightly; beat in the sugar, cereal, walnuts, baking powder, and vanilla. Remove crust from oven, pour cereal mixture evenly over top and return to a 350° oven; bake for 25 minutes, or until top is well browned Remove from oven; let cool 20 minutes Combine the lemon peel and juice and powdered sugar; beat until smooth. Spread over partially cooled cooky mixture. Cool completely and cut in about 1½-inch squares. Makes about 2 dozen.—*C. H., San Jose.* □

Pass pastry squares to nibble with coffee, tea—or use as a light dessert

Cooking for two with no leftovers

Here are four menus for hungry couples

Serve *broiled skewers of bacon and chicken livers on lightly cooked cabbage. Offer rolls, wine*

Cooking for just two people—without leftovers—can be quick and tasty when you serve a substantial entrée with a few well chosen accompaniments.

Here are four short menus with just enough food to satisfy a hungry couple. Each of the main dishes features a familiar flavor combination—liver and bacon grill on small skewers, chicken and tomato in a sandwich, shrimp and mushrooms in individual casseroles, and sausage, apples, potatoes, and onion combined in one dish. The fresh fruits and vegetables of September are used to round out each meal.

Broiled Skewer Dinner

While the liver and bacon skewers broil, you can lightly cook the cabbage on top of the range. Complete the menu with crusty dinner rolls, and casaba melon with lime as meal opener or for dessert.

Liver and Bacon with Cabbage

- ¾ pound chicken livers
- 4 tablespoons soy sauce
- 4 slices bacon
- 2 tablespoons butter or margarine
- 4 cups shredded cabbage
- 1 medium-sized onion, sliced
- 1 tablespoon dry white wine or Sherry

Cut livers into bite-sized pieces; place in a bowl with 3 tablespoons of the soy; let stand about 15 minutes. Drain. To assemble each skewer, pierce one end of a bacon strip with a small skewer, thread on a piece of liver, then ripple bacon over and under 2 or 3 more pieces of liver to the other end of the bacon slice. Arrange skewers on the rack of a broiler pan and broil, about 4 inches from heat turning as needed, until bacon is crisp on all sides, about 10 minutes.

Meanwhile melt the butter in a frying pan; add cabbage and onion, cover, and cook over medium heat, stirring often, until cabbage is just tender to bite, about 8 minutes. Stir in the remaining soy sauce and wine; turn into a serving dish and top with skewers. Serves 2.—*A. S., San Francisco.*

Sandwich *is whole meal with English muffin base, chicken, onion, tomato, cheese, bacon*

DARROW M. WATT

Sandwich Supper

You'll need a knife and fork to eat these hearty open-faced chicken breast sandwiches. Accompany them with an assortment of relishes and crisp raw vegetables such as pickles, ripe olives, carrot and celery sticks, and red or green pepper strips.

Chicken Supper Sandwiches

- 1 pound chicken breast
- Salted water
- 4 slices bacon
- 2 English muffins, split, toasted, and buttered
- 4 slices mild onion
- 1 large tomato, peeled and cut into 4 thick slices
- ½ cup shredded Longhorn Cheddar cheese

Simmer chicken in a small amount of salted water until meat is no longer pink throughout, about 15 minutes; discard skin and bones and slice meat.

Meanwhile cut bacon slices in half crosswise and partially fry the bacon to remove most of the fat; bacon should still be limp. Set aside. Distribute the chicken evenly over the 4 toasted muffin halves: top each with 1 onion slice and 1 tomato slice. Distribute cheese evenly over each and top each with 2 pieces of bacon. Broil about 4 inches from heat until cheese is bubbly and bacon is crisp, 3 to 5 minutes. Makes 2 servings of 2 open sandwiches each.

Skillet Sausage Supper

You use the same frying pan to cook each of the elements for this hearty entrée. Start by browning the sausage. While it cooks, prepare the vegetables and apple. Serve the sausage with mustard and horseradish, and a sliced tomato and cucumber salad.

Polish Sausage and Potatoes

- About 6 tablespoons butter
- About 12 ounces kielbasa
- 2 medium-sized potatoes, peeled and thinly sliced
- 1 large onion, thinly sliced
- 1 large Golden Delicious apple

Melt 1 tablespoon of the butter in a frying pan over medium heat. Slash sausage at 1-inch intervals and cook until browned on all sides. Arrange on a warm serving dish; keep warm.

Add 4 tablespoon of the butter to the pan; add the potatoes and onion and stir well. Cover and cook, stirring often and adding more butter, if needed, until potatoes are tender, about 15 minutes. Remove the lid and continue cooking until potatoes are browned; arrange with the sausage; keep warm.

Peel and core the apple; cut into ½-inch-thick rings. Melt 1 more tablespoon butter in the pan; add apple and sauté until lightly browned on both sides. Arrange with sausage and potatoes. Serves 2.

Seafood Dinner

While the ramekins heat, cook a green vegetable such as broccoli or green beans. For a salad try butter lettuce dressed with oil and vinegar.

Shrimp and Mushroom Ramekins

- 4 tablespoons butter or margarine
- ¾ pound medium-sized shrimp, shelled and deveined
- ¼ pound mushrooms, sliced
- 2 tablespoons chopped green onion
- 2 tablespons regular all-purpose flour
- ⅛ teaspoon Dijon-style mustard
- ⅓ cup regular strength chicken broth
- ¼ cup whipping cream
- 2 tablespoons dry Sherry
- Salt and pepper
- ½ cup shredded Swiss cheese

Melt 2 tablespoons of the butter in a frying pan over medium heat; add the shrimp and sauté, stirring often until shrimp are pink and tender when pierced, 5 to 7 minutes. Transfer shrimp to 2 individual baking dishes.

To the pan, add the remaining butter, mushrooms, and green onion. Cook, stirring, until mushrooms are golden brown; sprinkle in flour and cook until bubbly. Gradually stir in the mustard, broth, and cream. Cook, stirring until thickened and bubbly. Stir in Sherry and salt and pepper to taste; spoon evenly over shrimp, and sprinkle with cheese. Heat, uncovered, in a 325° oven for 10 to 15 minutes. Serves 2. □

Skillet supper *ingredients cook in sequence in same pan—first sausage, then potatoes and onion, and finally apple rings*

DARROW M. WATT

Filled with *tart Gravensteins, traditional-looking pie becomes an unexpected treat by adding variety of seasonings*

Adventures with apple pie. Here are six ways to go

Apple pie comes about as close as you can get to a dessert that pleases everyone. And tart Gravensteins—traditional pie apples—are plentiful in Western markets now.

As with any dessert so universally popular, there are lots of opinions about how apple pie should taste. So we start with a classic recipe for a double crust pie spiced liberally with cinnamon, then go on to suggest half a dozen different ways to vary the recipe.

Adventurous eaters may like to try pies flavored with faintly exotic seasoning like Chinese five-spice or fennel. Orange and raisins are more conventional flavors in another variation. And you can crown the pie with a French-style streusel topping instead of a pastry top, or enhance the flavor with a syrup.

Traditional Gravenstein Apple Pie

- Pastry for a 9-inch double crust pie
- About 3 pounds *or* 7 medium-sized Gravenstein apples, peeled and cored
- ¾ cup sugar
- ¼ cup flour *or* 3 tablespoons quick-cooking tapioca *or* 2½ tablespoons cornstarch
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cardamom *or* ground ginger
- 2 tablespoons butter or margarine

On a floured pastry cloth or board, roll out half of the pastry into a circle about

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⅛-inch thick; fit pastry into a 9-inch pie pan and trim off excess even with the pan rim. Roll out remaining pastry into a 13-inch circle. Cover with a damp towel while preparing apples.

Cut apples into ¼-inch-thick slices and measure 8 cups, packed compactly without crushing. In a large bowl stir together the sugar, flour (or tapioca or cornstarch), cinnamon, and cardamom. Add the apple slices and mix lightly to coat. Mound apples into the pastry lined pan. Dot top with butter.

Fit pastry over apples, extending a 1-inch border over edge; trim away excess. Tuck border under edge of bottom pastry and crimp decoratively between your fingers or press edge with a fork to seal edge around pie. Cut vents in top pastry.

Bake pie in a 400° oven for 50 to 60 minutes, or until pastry is well browned and juices inside pie bubble vigorously. If pastry edges begin to brown too much, cover edge with a strip of foil. Cool pan on a wire rack for at least 30 minutes before serving. Serve warm. To reheat, place pie in a 350° oven for about 15 minutes.

To serve, cut wedges of slightly cooled or reheated pie; present unadorned or accompany with a scoop of ice cream for pie à la mode, with a slice of sharp Cheddar cheese, or serve with the warm syrup below. Makes 6 to 8 servings.

Apple Pie with Chinese Five-spice

Follow traditional apple pie recipe omitting cinnamon and cardamom; instead use 1½ teaspoons Chinese five-spice (or ½ teaspoon *each* ground ginger and cinnamon, ¼ teaspoon *each* ground allspice and crushed anise seed, and ⅛ teaspoon cloves).

Apple Pie with Fennel

Follow traditional apple pie recipe omitting cinnamon and instead use 1½ teaspoons fennel seed or anise seed. Measure seed, then crush thoroughly before mixing with the sugar.

Orange Raisin Apple Pie

Follow traditional apple pie recipe omitting cinnamon. To the apple mixture, add ½ cup raisins, ¾ teaspoon grated orange peel, and 1 tablespoon orange juice. Mound apple mixture into prepared pastry and bake as directed.

Streusel Apple Pie

Follow traditional apple pie recipe with these changes. Use pastry for a single crust 9-inch pie; form a high standing edge. Decrease apples to 6 cups slices; decrease sugar to ½ cup; use tapioca for thickening but use only 2 tablespoons. Pack apple mixture into prepared pie shell.

For the topping, combine in a bowl 1⅓ cups regular all-purpose flour (unsifted), ⅔ cup firmly packed light brown sugar, 1 teaspoon grated lemon peel, and ½ cup (¼ lb.) firm butter or margarine. Rub mixture through your fingers until butter lumps are no longer distinguishable. Squeeze handfuls of the mixture into firm hunks, then break into large nuggets and scatter over surface of apples in pan. Bake in a 375° oven for 50 minutes or until crust is browned.

Syrup-topped Pie

Prepare and bake traditional Gravenstein apple pie as directed. While the pie cools, prepare the syrup (recipe follows). Pour warm syrup into a pitcher to pass at the table and pour over individual servings of pie.

Sherry Syrup. In a small saucepan combine 1 cup sugar, ½ cup water, 3 tablespoons butter or margarine, and 1 cinnamon stick (about 2 to 3 inches long); over medium heat bring to boiling, stirring until sugar is dissolved.

Boil syrup, stirring occasionally, for 15 minutes. Remove from heat and cool for 15 minutes. Stir in ⅓ cup Sherry. Makes about 1¼ cups.—*F. M., Morgan Hill, Calif.* □

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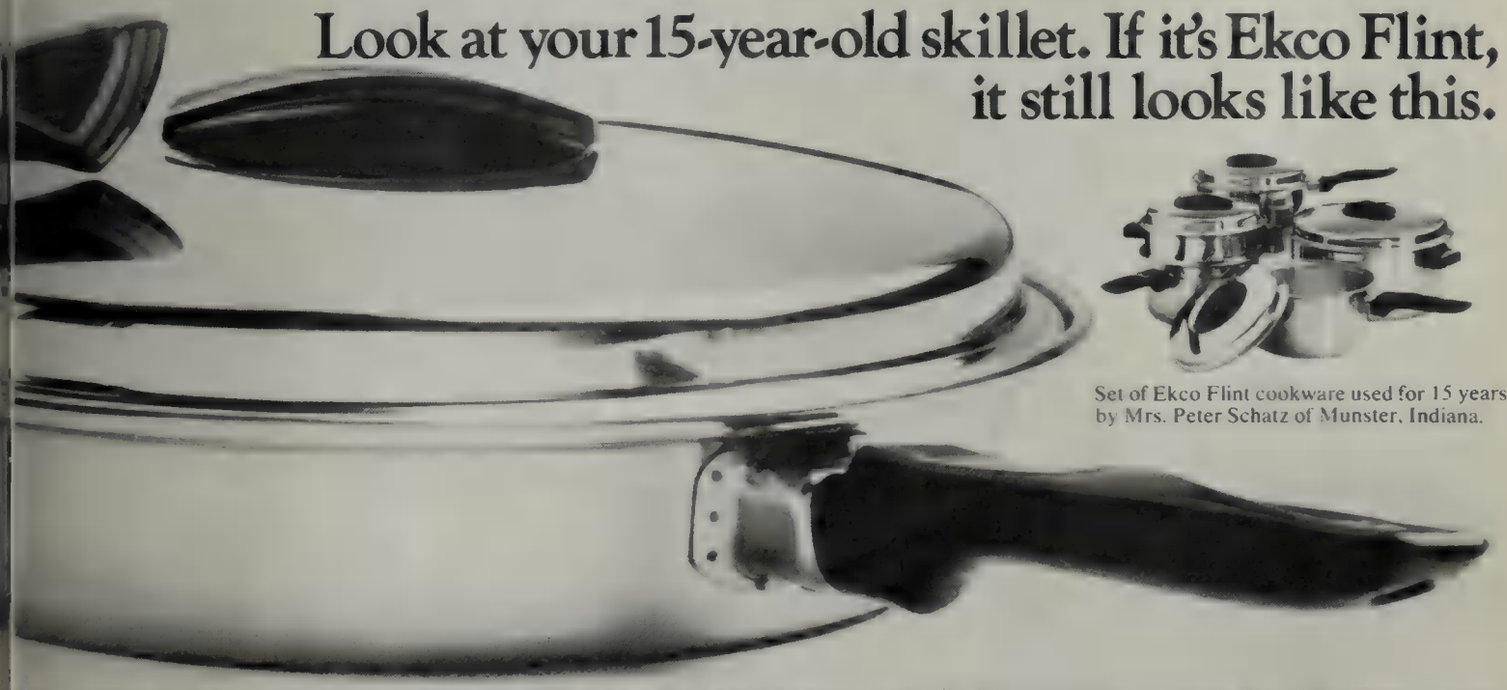

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DARROW M. WATT

Weekend brunch *is a barbecue. Brush skewered sausage and fruit with a sauce of honey and lime before grilling*

SEPTEMBER MENUS

Skewer barbecue for brunch, corned beef for supper, or a Portuguese fish stew

Because warm weather lingers into September in most of the West, our menus encourage cooking early in the day. We suggest entertaining with a brunch barbecue that features sausage and fruit. You can cook oven-simmered corned beef in the morning, then serve it cold garnished with September's tomatoes and mild red onions; it makes a casual lunch or supper. Or start the meal later and present it hot. For a family, there's Portuguese seafood stew dinner, which goes together quickly.

Brunch Barbecue

Much of the work for this menu can be done a day ahead, and the serving procedure frees you to join guests. They prepare individual skewers of fruit and precooked sausage, which are basted with a sauce of honey and lime and browned on a small barbecue.

Chilled Tangerine Juice
Italian Sausage and Fruit Skewers
Honey Lime Sauce
Hard-Cooked Eggs
Crescent Rolls **Butter**

The night before, cook the sausages and chill. Also hard-cook the eggs, allowing 1 or 2 for each person. You can do everything else in the morning while the barbecue fire is prepared for cooking; reconstitute a 6-ounce can frozen tangerine juice concentrate for each 3 to 4 servings; cut the fruit for the skewers; mix the honey sauce; and heat the rolls (frozen or from a bakery), allowing 1 or 2 for each person.

Italian Sausage and Fruit Skewers

In a wide frying pan place 2 pounds mild Italian pork sausage and add water to cover. Over high heat bring water to boiling, then simmer gently, uncovered, for 20 minutes; drain well. (If done ahead, cool, then wrap and refrigerate.)

Cut the peel from 1 large pineapple, then cut out the core and cut fruit in ¾-inch cubes; set aside. Scoop out and discard seeds from 1 large cantaloupe, then cut away peel and cut fruit into ¾-inch cubes.

To present, group separately on a large platter the pineapple, cantaloupe, and sausages. Set a knife alongside. Invite guests to prepare their own skewers; they might spear whole sausages and grill them to accompany the cold fruits; or they can combine chunks of sausage and fruit on skewers to brown over the grill. Brush honey lime sauce (recipe follows) on the foods to be grilled, or, if desired, spoon sparingly over the cold fruit.

Place skewers on a hibachi or other small barbecue with grill set 3 to 4 inches above a solid, even layer of fully ignited, glowing coals. Turn skewers until just brown on all sides, about 5 to 7 minutes. Makes 6 to 8 servings.

Honey Lime Sauce. In a small serving dish, stir together ½ cup lime juice and 3 tablespoons honey. Makes about ⅔ cup sauce.

Corned Beef Supper

Designed to be served either of two ways, you can offer this oven-simmered corned beef cold in open-faced sandwiches, or serve it hot accompanied by rye bread and a salad. Since the corned beef is a generous size, it will likely provide leftovers for another meal if your family is small.

Corned Beef
Dark Rye Bread
Mustard **Pot of Butter**
Sliced Tomatoes **Sliced Mild Red Onion**
Nectarine Shortcake

The corned beef takes about 4 hours to cook; begin it early in the day—or even

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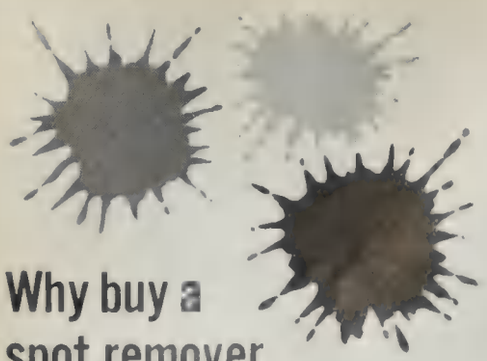

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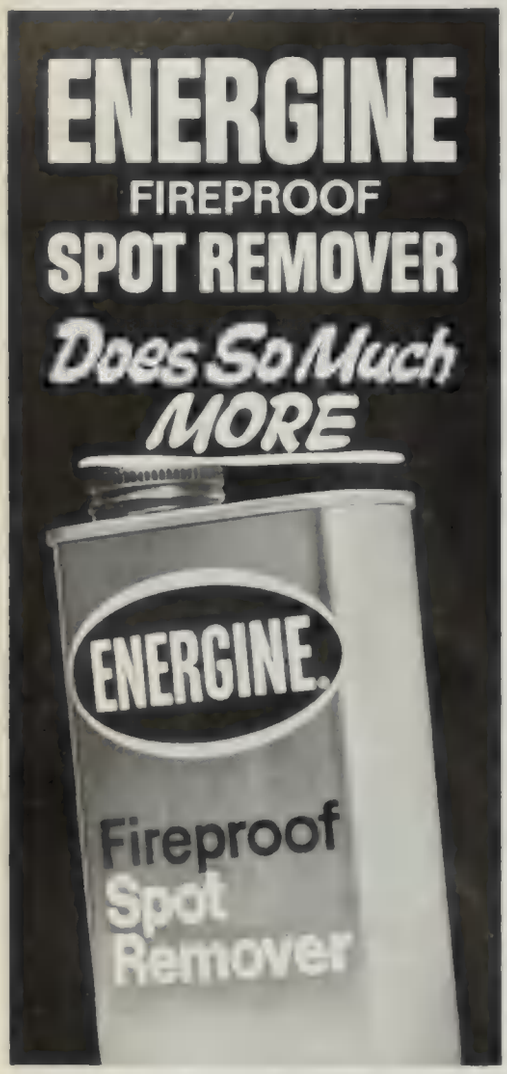

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DARROW M. WATT

Mustard *and onion slices add zest to hearty open-faced sandwich —it's one way to serve oven-simmered corned beef*

the preceding day—if you plan to serve it cold. If you prefer, you can mix a salad of the sliced tomatoes and onions; moisten it with your favorite oil and vinegar dressing.

For dessert, slice nectarines onto servings of pound cake (homemade or purchased). Pass a bowl of sour cream sweetened to taste with brown sugar to spoon over the fruit and cake; offer finely minced crystallized ginger to sprinkle over the dessert, if desired.

Oven-Simmered Corned Beef

About a 5-pound piece corned beef, bottom round or brisket (well trimmed of fat)
Water
1 cup dry red wine
½ teaspoon *each* whole black pepper, coriander seed, and caraway seed
⅛ teaspoon crushed red pepper
¼ cup minced onion

Rinse corned beef well under running water and place it in a 6-quart or larger casserole or kettle that can go into the oven; pour in more cold water to cover meat. Refrigerate and allow to soak overnight or for at least 4 hours. Drain and return meat to casserole. Add the wine, pepper, coriander seed, caraway seed, red pepper, and onion. Pour in 2 quarts boiling water, then cover casserole tightly. Bake in a 375° oven for about 4 hours or until meat is tender when pierced with a fork.

To serve hot, lift meat from liquid, slice, and serve. To serve cold, chill in broth, then slice meat (it's easiest to cut in thin slices for sandwiches when cold). Makes 8 to 10 servings.

Portuguese Seafood Supper

Take advantage of this month's best fis buys and combine fish with shrimp this Portuguese-style soup. You serve like a stew, ladling the seafood mixtu over rice and peas in wide soup plates rimmed shallow bowls.

Portuguese Seafood Stew
Rice and Peas **French Bread**
Butter Lettuce and Avocado Salad
Melon Wedges with Sherbet

While the broth for the stew simmer start the rice. Add the seafood to th broth, then add the peas to the rice. F the salad, mix crisp, bite-sized pieces butter lettuce with a diced avocado ar blend in oil and vinegar dressing.

Present the stew in a tureen, and the ri and peas in a bowl. Serve with the sal and French bread, either heated or no For dessert, mound scoops of sherb such as lemon, lime, or raspberry chilled wedges of honeydew or Cre shaw melon.

Portuguese Seafood Stew

3 tablespoons *each* olive oil and butter or margarine
1 large onion, chopped
1 clove garlic, minced or mashed
1 medium-sized green pepper, seeded and chopped
1 medium-sized carrot, chopped
3 medium-sized tomatoes, peeled and chopped
1 cup regular-strength beef broth
½ cup dry white wine
½ teaspoon *each* salt, paprika, and basil leaves
1½ pounds fresh (or thawed frozen) sole fillets, lingcod steaks or fillets, halibut steaks or fillets, or Greenland turbot fillets
1 pound medium-sized shrimp, shelled and deveined
2 tablespoons minced parsley
Rice and peas (recipe follows)

In a 5 to 6-quart kettle, combine th olive oil and butter; add the onion ar garlic and cook over medium heat un lightly browned. Add the green peppe carrot, tomatoes, beef broth, wine, sa paprika, and basil; bring mixture to bo ing, then reduce heat and simmer for 1 minutes. Cut the fish into 1-inch cub or squares and add to the pan; simm for 2 minutes. Add the shrimp and co until they turn firm and pink, about minutes. Serve in a tureen or deep ser ing bowl. Sprinkle with parsley.

To serve, spoon rice mixture into ea soup plate, then ladle the fish stew ov it. Makes 6 to 8 servings.

Rice and peas. In a 3-quart saucepa bring to boiling 2¼ cups water with teaspoon salt and 2 tablespoons butt or margarine; add 1 cup long-grain ric When boiling resumes, cover, reduc heat, and simmer for 15 minutes. Stir 1 package (10 oz.) frozen peas, cove and cook until rice is tender, about minutes more. Makes 6 to 8 servings.

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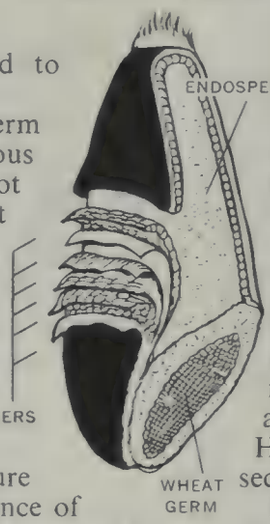

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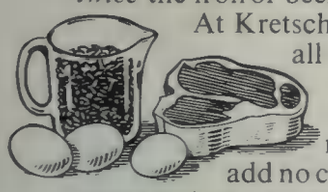

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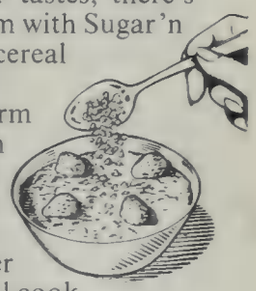

For a start, try your wheat germ like any breakfast cereal, with milk and sugar. Mix it with other cereals. Or sprinkle it on your favorite fruit.

Want some other ideas? Our helpful cookbook, "Recipes with Something Special", gives you 32 pages of recipes that put wheat germ into baked foods, meat dishes, salads, casseroles and desserts. Send 15¢ to Kretschmer Recipe Book, Department A, Box 15096, Minneapolis, Minn. 55415, for your copy.

Every day more and more Americans are catching the wheat germ—on purpose. Isn't it time you caught on?

All America's catching the wheat germ.

International Multifoods

DARROW M. WATT

Stuffed *sweet peppers, cool papaya, warm tortillas make colorful lunch*

Guatemala way to stuff peppers

Sweet peppers stuffed with spicy ham and served with fresh cool papaya or cantaloupe is a brunch combination we tasted in Guatemala. It was served with warm corn tortillas, but you could substitute cornbread or toasted English muffins. It makes a tasty lunch or a light summer supper.

Choose medium-sized red bell or green peppers that are uniformly shaped.

Stuffed Peppers Guatemala

Trim crusts from 2 or 3 slices white bread, cube bread, and whirl enough in a blender to make 1 cup soft crumbs; set aside.

Heat 2 tablespoons salad oil in a 10-inch frying pan over medium high heat. Add 2 cups chopped onion and sauté until soft, about 10 minutes. Stir in about 1 pound (about 3 cups) finely chopped fully cooked Canadian bacon or ham, 1 can (8 oz.) tomato sauce, the crumbs, ½ teaspoon oregano leaves (crushed), ¼ teaspoon thyme leaves (crushed), and ¼ cup finely chopped parsley. Boil until most of the liquid evaporates, about 5 minutes. Cover and cool to room temperature.

Meanwhile, cut 4 medium-sized red or green peppers in half lengthwise. Remove seeds and pith. Immerse in 4 quarts boiling salted water; cook over high heat for 3 minutes; remove and drain well. Set hollow-side-up in an ungreased baking pan.

Divide the meat mixture evenly among the pepper shells. Bake, uncovered, in a 375° oven for 35 minutes or until heated through. Use a wide spatula to transfer to a serving platter. Makes 4 servings. □

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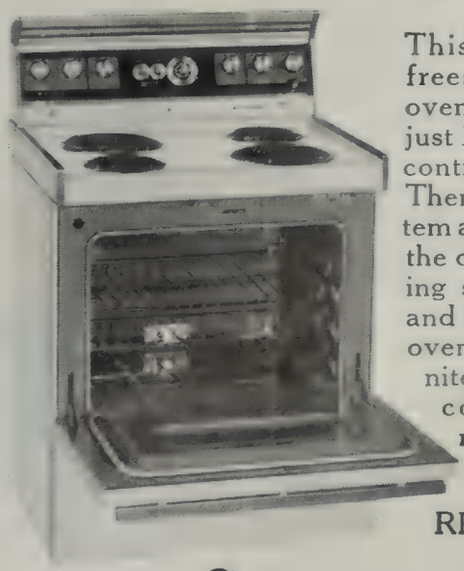

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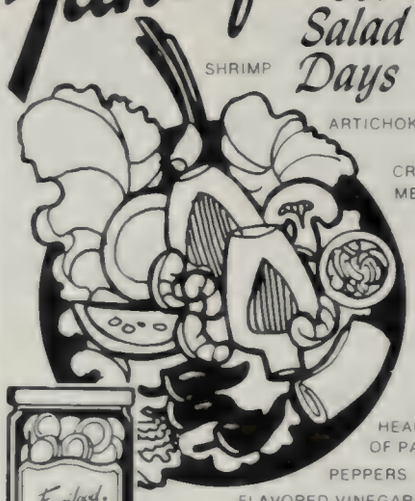

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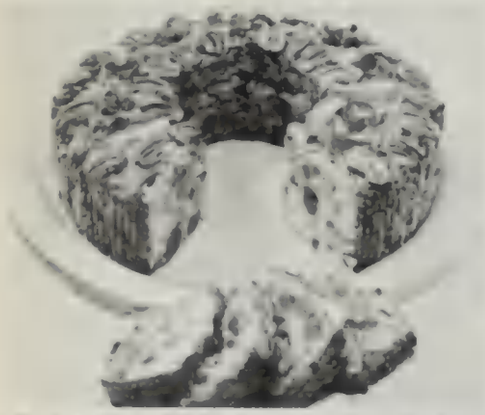

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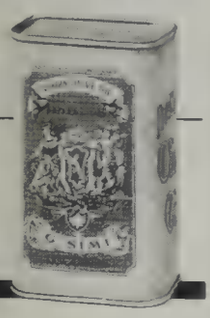

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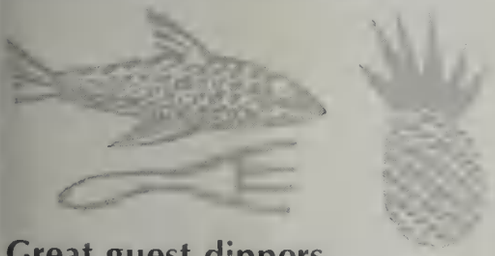

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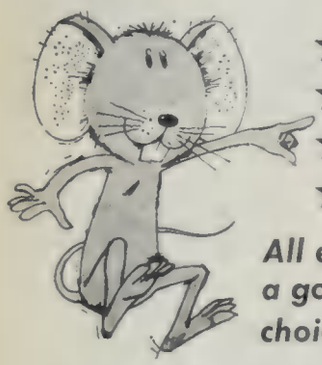

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DARROW M. WATT

To eat *Peking-style chicken, carve off pieces, wrap inside tortilla spread with spicy Chinese sauce; tuck in some onion, and eat with fingers*

Chinese chicken . . . Mexican wrapper

The inspiration for this chicken dinner is the Chinese delicacy Peking duck.

Our dinner doesn't pretend to duplicate that famous dish, regarded by some connoisseurs as one of the finest expressions of Chinese culinary skills. A day-long cure precedes the roasting of the duck that produces golden brown, crisp skin to enclose in a special wrapper, its flavor enhanced by spicy-sweet sauce and wisps of green onion.

Some of that same delightful mingling of flavors and textures can be enjoyed in this greatly simplified dish, which would be fine for a small dinner party. We serve each guest half of a spicy, glazed baked chicken so he can carve off pieces and wrap them in small flour tortillas.

Fortunately, the sauces used for Peking duck as well as our chicken dinner are readily available in Oriental markets in the West. Choose either canned hoisin sauce (a pungent-sweet bean paste) or Chinese plum sauce, which has a sweeter, fruitier flavor. Plum sauce resembles Major Grey - type chutney, which can be used if you are unable to buy either Chinese sauce. If you like the flavor of fresh coriander (Chinese parsley), you'll probably enjoy a few sprigs of it wrapped with the chicken, sauce, and onion.

Peking-Style Chicken

Wash 2 small broiler-fryer chickens (about 2½ lbs. *each*) that have been split lengthwise. Bring about 4 quarts water to boiling in a large kettle. Remove from heat and immediately plunge the chickens into the water; let stand for 1 minute. Remove chicken from water and pat very dry.

In a small bowl, mix ¼ teaspoon pepper, ½ teaspoon *each* ground cinnamon and ginger, 1 tablespoon *each* vinegar and brown sugar, and 2 teaspoons soy sauce. Brush all sides of the chicken with the mixture, put in a bowl, cover, and refrigerate for 4 to 8 hours. Lay chicken, skin side up, on a rack in a roasting pan. Bake in a 400° oven for 40 to 45 minutes or until meat loses its pinkness in the thickest part and skin is richly browned and crisp.

Unwrap 2 packages of small (about 6-inch) flour tortillas and wrap each stack in foil. (Or use 1 package larger tortillas, cut in half, and wrap each stack separately.) Put in the 400° oven with the chicken for about the last 20 minutes. Wrap a stack of tortillas in a napkin to bring to the table. (Keep second pack in a warm oven until needed.)

Serve chicken on warm dinner plates. At the table pass small dishes of green onions (about 2 bunches), cut lengthwise into slivers; hoisin or Chinese plum sauce (1 can of either sauce); and, if you wish, sprigs of coriander (Chinese parsley) or watercress (1 bunch of either). Serves 4. □

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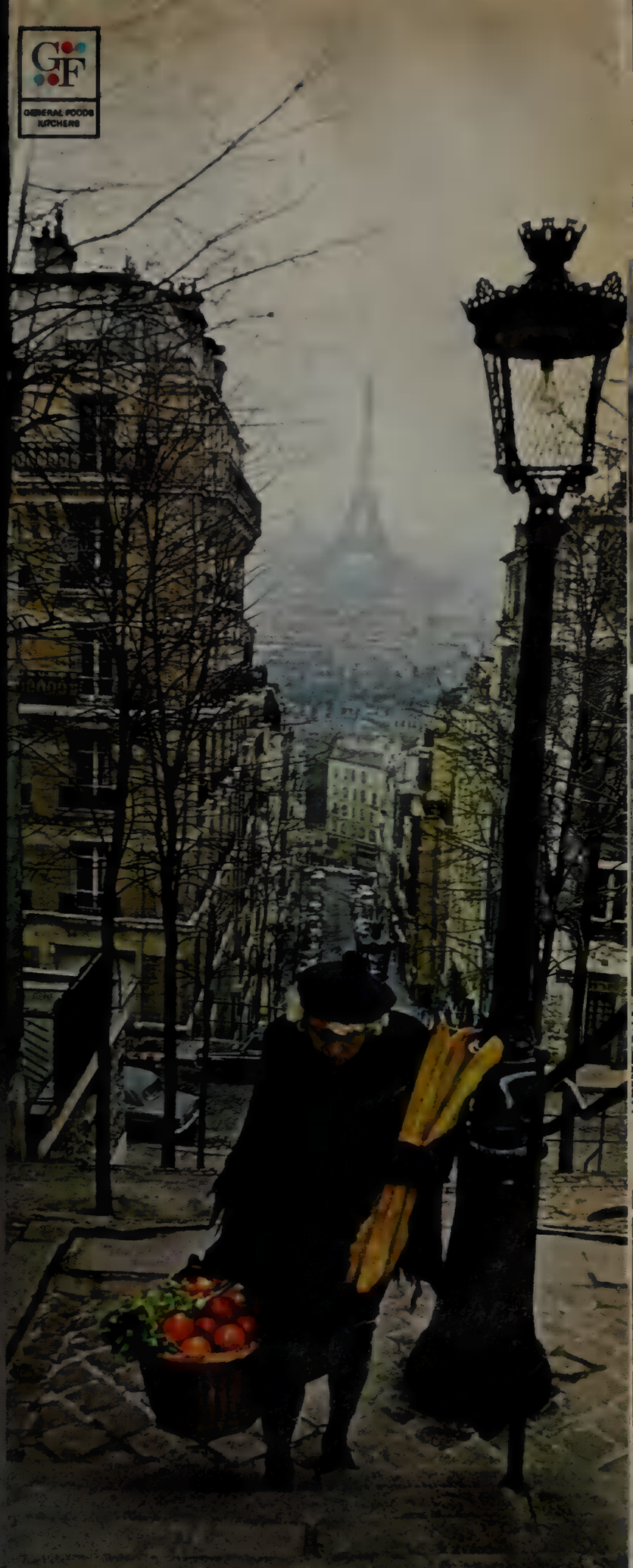

We make it here but it tastes like there.

Your own Chinese won ton soup

Even a novice can easily duplicate a professional looking Chinese won ton soup with ingredients readily available at most Western supermarkets.

You start with purchased won ton skins (found in the market's refrigerator or freezer section). They come in 1-pound packages containing 70 to 80 sheets of the paper-thin squares. Once you make the pork filling and are organized to assemble the won ton, you can work at a steady pace. We find it more efficient to use the whole package of skins at one time, then freeze a part of the won ton to make a second batch of soup later on.

The freshly made or frozen won ton are cooked in a lightly seasoned broth along with chard cabbage, an Oriental vegetable found in most supermarkets.

You can serve the soup as a first course to a Chinese meal or as the main dish for a family supper.

DARROW M. W

Main ingredient *of soup—pork-fil won ton. Final step when you roll th is to bring ends together as arrows sh*

Won Ton Soup

- 1 bunch (about 1 lb.) chard cabbage
- 2 large cans (47 oz. *each*) chicken broth
- ½ cup thinly sliced green onion, including some of the green tops
- 2 tablespoons soy sauce
- 3 to 3½ dozen pork-filled won ton, thawed if frozen (directions follow)

Wash chard cabbage well. Cut off a thinly slice the white stems; separate thinly slice the leaves. Put stems in a quart kettle, add broth, and bring to boil. Stir in the green onion, soy, cha cabbage leaves, and won ton. B gently, uncovered, for 6 to 8 minutes until won ton filling is no longer pi (cut one in half to test) and skins tender to bite. Makes 6 to 8 main d servings or 10 to 12 first course servin —*R. M., Kirkland, Wash.*

Pork-filled won ton. Drain 1 can (abo 5 oz.) water chestnuts and finely cho Combine water chestnuts with ¾ pou lean ground pork, 1 egg, ¼ teaspo pepper, 1 tablespoon soy sauce, 2 tab spoons finely chopped green onion, a 1½ teaspoons minced fresh ginger. M

To fill won ton skins, first assemble the elements: 1 pound won ton skins (wr in a damp towel to keep supple), 1 pork filling, 1 egg (slightly beaten), tra to hold filled won ton, clear plastic fi to cover them, and a chopstick.

To shape each won ton, place a won t skin on your hand with a corner poi ing toward the palm; mound about teaspoon filling near corner on pal Dot this corner of skin with egg (u chopstick, spoon, or your finger) a fold tightly over filling, tucking in poi and roll up this half of the skin. Moist just inside the roll at both ends of filli with egg and press to seal. Use egg moisten bottom of right end of ro bend left and right ends away from t tip until they overlap; press to seal.

Arrange filled won ton on trays a cover with clear plastic film. Cook soup, or refrigerate for 2 or 3 hours, freeze (package airtight in bags aft they are frozen). Thaw before using spread out in a single layer, covere Makes 6 to 7 dozen.

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NORMAN A. PLATE

A good way *to preserve summer squash: cook briefly with garlic, green peppers, other seasonings, purée in blender, then freeze*

BLENDER MAGIC: Vegetables into a purée you can freeze

To make the most of a bountiful vegetable garden, a *Sunset* reader devised a technique for preserving the summer goodness of squash and cucumbers by freezing them in a purée with flavorings like onion, green pepper, and herbs.

Perhaps the most remarkable attribute of such purées is the way they retain fresh garden flavors after months in the freezer. The preseasoned frozen purées are especially convenient for making hot or cold vegetable soups, simple vegetable casseroles, or other dishes you may devise.

Our directions for preparing the purées are based on the amount of vegetables that will fill about six pint-sized freezer containers. We used zucchini, pattypan, and crookneck squash.

Frozen Summer Squash Purée

Scrub well and remove stem and blossom ends from about 6 pounds of summer squash. Cut in thin slices—you should have 5 quarts. Remove seeds from 2 green peppers and cut in thin slices. Thinly slice 3 large onions. In an 8-quart or larger pan over medium heat, melt 6 tablespoons butter or margarine. Put in onions and cook, stirring, until soft, about 10 minutes. Add ¼ cup water, then stir in the squash, green peppers, 3 cloves garlic, 2¼ teaspoons salt, and ½ teaspoon pepper. Cover and cook for 3 minutes; then turn heat to medium-high. Continue cooking, covered (remove cover often and stir and turn the mixture), until squash is very tender, 12 to 15 minutes.

Remove from heat; stir in 1 cup lightly packed parsley sprigs. If desired, add 1 cup lightly packed fresh basil leaves or ¼ cup of lightly packed fresh tarragon leaves.

To prepare purée start with about ½ cup of the vegetables with pan juices in a blender container and whirl until smooth. Then add more vegetables and juices, about ½ cup at a time, until there are about 3 cups purée in the container; pour into a large bowl. Repeat until all vegetables are puréed. Cool to room temperature.

Pack in freezer containers such as plastic boxes with tight-fitting lids, canning jars, or in plastic freezer bags placed in cardboard freezer cartons. If you use tall, straight, or slightly flared containers or bags, leave ½-inch head space for pints and 1 inch for quarts. For low, broad containers, leave ¼-inch head space for pints and ½ inch for quarts. Seal as directed for the type of container used. Label and freeze at once. Fills about 6 pint-sized containers. — *M. T., San Anselmo, Calif.*

Frozen Cucumber Purée

Peel about 7½ pounds cucumbers a cut in thin slices—you should have quarts. Melt 6 tablespoons butter margarine in an 8-quart or larger p over medium heat. Put in 3 large o ions, thinly sliced. Cook, stirring, un they are soft, about 10 minutes. A ¼ cup water, then stir in the cucu bers, 2¼ teaspoons salt, and ½ te spoon pepper. Cover and cook for abo 5 minutes, or until liquid forms in t pan and comes to boiling. Increase he to medium-high and continue cookir uncovered, stirring often, until cucu ber is limp, 10 to 15 minutes.

Remove from heat and stir in 1 c lightly packed parsley sprigs. Prepa purée and pack in containers the sa as for frozen summer squash pur Fills about 6 pint-sized containers.

To get you started, here are some si ple ways to use the vegetable pur The broth soups are full-bodied, b lean in calories. The chilled bisque m be served as a first course or for lun Serve the casseroles with meats.

Hot Vegetable Broth. In a pan, heat simmering 1 can (about 14 oz.) regula strength chicken broth and 1 bay le (optional). Add the contents of 1 pi sized freezer container of summ squash purée or cucumber purée. He stirring, until thawed and piping h Season to taste with salt or season salt. Remove bay, if used. Garnish w sliced green onion tops or minced pa ley. Makes 4 servings of 1 cup each.

Chilled Vegetable Bisque. Put ½ c sour cream into a bowl. Gradually m in the contents of 1 pint-sized conta er of summer squash purée or cucu ber purée (thawed) until blended. Stir 2 cups buttermilk, 1 tablespoon lem juice, 1½ teaspoons sugar, ¼ teaspo Worcestershire, and ½ teaspoon d weed (optional). Add salt, garlic salt, seasoned salt to taste. Serve well chille

At the table, you might pass a bowl herbed eggs: Press 1 hard-cooked e through a coarse wire strainer and m in 1 teaspoon *each* minced parsley a chopped chives. Makes 4 servings.

Summer Squash Casserole. In a bo beat 2 eggs lightly with a fork. Stir contents of 1 pint-sized container summer squash purée (thawed). Po into a greased, shallow baking dish or 4-cup capacity). Sprinkle with ½ c freshly shredded Parmesan cheese. S casserole inside a larger pan filled abo ½ inch deep with hottest tap wate Bake in a 350° oven until set, 30 to 3 minutes. You may sprinkle the top wh you serve it with about ⅓ cup coarse chopped, toasted almonds. Serves 4.

Cucumber Casserole. Prepare same squash casserole except use 3 eggs.

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Mr. Rimerman gathers *nori* for his tasty seaweed soup

To many people seaweed suggests o the kind of kelp that layers beaches a a storm and exudes a nasty odor. Oth more worldly-wise, may think of dr and packaged seaweed—not kelp at —sold in Japanese markets.

Ernest Rimerman, of Corvallis, Oreg goes a step further. He has discove that the entire coast is lined with edi algae, and he goes forth at low tide gather his own. (In Oregon there are regulations on the gathering of seawe but California doesn't permit it at st beaches. Washington has begun to restrictions on seaweed gathering; ch first with the Washington Departm of Natural Resources.)

Mr. Rimerman's preferred weed *Porphyra*, called *nori* in Japan and la in the British Isles. *Porphyra* grows n the low tide line wherever the bott offers a bit of sand to anchor in. I reddish and ruffled, resembling a lett leaf half a yard across.

After Mr. Rimerman has gathered *P phyra*, he rinses it and lays it on pa towels for about 3 hours to dry. Fina he roasts small pieces at a time for a seconds over a gas burner or elec element, holding them with a pair tongs, until they turn a yellowish co and crumble easily.

Don't skip the roasting. Raw weed sembles rubber under tooth.

When your weed (or the nori you buy in Oriental markets) has reached proper crumbling state, try it in following soup.

Seaweed Soup

- 1 tablespoon salad oil
- 1 small onion, thinly sliced
- ½ cup thinly sliced green beans
- ¼-inch slice fresh ginger, minced
- 1 tablespoon soy sauce
- 1 can (14 oz.) regular strength beef broth
- 1 cup water
- 3 strips (2 inches by 5 inches *each*) roasted nori seaweed, crumbled

Heat oil in a saucepan over medium h and cook onion and beans until onio translucent, 5 to 7 minutes. Stir in g ger, soy, broth, water, and crumb seaweed. Bring to a boil, reduce h and simmer covered for 5 minu Makes 3 to 4 servings.

Ernest A. Rimerman

Corvallis, Ore

Lester Krotcher, a physician in Francisco, has rediscovered a dish w a past. As it happens, we know a par its history. It is, as disk jockeys say,

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Stoeger Arms

"A cook in Chaucer's London added onion"

oldy, but a goody.

Dr. Krotcher found it in the cafeteria of the University of California Hospital where the chef, Antonio Flores, has touched it with the flavors of his native Texas and makes it up in quantities of a thousand servings. Mr. Flores kindly reduced the quantities to family size and turned it over to Dr. Krotcher. We recognized it as a piquant version of a milder mix that appeared in a *Sunset* cook book some thirty years ago as Cheese Custard Sandwiches. But well before that, an English cook in Chaucer's London set down some of his favorite recipes. Among them was this one, to which he added onion.

Cheese Strata Flores

- ½ cup soft butter or margarine
- 12 slices firm white bread, crusts trimmed
- ¾ pound sharp Cheddar cheese, shredded
- 3 eggs, well beaten
- 3 cups milk
- 1 teaspoon salt
- About 1 teaspoon paprika
- ⅛ teaspoon liquid hot pepper seasoning

Generously butter the slices of bread on both sides; line the bottom of a greased 9-inch square baking dish with 4 of the buttered slices. Sprinkle evenly with half the shredded Cheddar. Cover this with 4 more of the buttered slices and remaining Cheddar. Top with remaining buttered bread. To the beaten eggs, add the milk, salt, 1 teaspoon paprika, and hot pepper seasoning and blend thoroughly. Pour the mixture over the bread and cheese and sprinkle a little paprika on top, if you wish.

Bake in a 325° oven for about 45 minutes, or until custard is set when the pan is gently shaken, and top is golden brown. Let stand 10 minutes before serving. Makes about 6 servings.

Lester C. Krotcher, M.D.

San Francisco

Vic Stiemac explains, "My mother brought this recipe with her from Croatia many years ago."

Croatia now, of course, is a part of Yugoslavia (its name is a three-syllable word: Crow-*A*-Sha). Once it was part of the Republic of Venice, and it has seen the passage of Turks, Austrians, and Germans. Quite a large number of Croats, tiring of this uncertain life style, have come to live among us here. We are fortunate. They are good cooks and gentle people.

Veal de Louise Burcar

- ½ teaspoon ground nutmeg
- ½ teaspoon dry mustard
- 1 teaspoon *each* salt and paprika
- 2 cloves garlic, minced or mashed
- 2 teaspoons grated lemon peel
- ¼ cup lemon juice
- 1 teaspoon sugar
- 2 tablespoons olive oil
- 1½ pounds boneless veal, cut in about ½-inch-thick slices
- 6 tablespoons butter or margarine
- About ½ cup regular all-purpose flour
- 2 medium-sized onions, sliced
- 2 red bell peppers, seeded and cut in thin strips
- ½ pound mushrooms, sliced
- 1 can (about 14 oz.) regular strength chicken broth
- 2 teaspoons *each* cornstarch and water
- Hot cooked buttered noodles
- 2 tablespoons chopped parsley

Combine the nutmeg, mustard, salt, paprika, garlic, lemon peel and juice, sugar and oil. Trim membrane from veal; cut meat into serving size pieces. Place each piece between sheets of waxed paper and pound with a flat-surfaced mallet until meat is about ¼ inch thick. Arrange meat in a shallow baking dish; pour over the lemon mixture; let stand 30 minutes.

Melt 4 tablespoons of the butter in a wide frying pan over medium-high heat. Lift meat from marinade, drain briefly, then dredge in flour, shaking off excess. Add meat to pan, a few pieces at a time, and brown well on all sides; set aside.

To the pan add the remaining 2 tablespoons butter, onions, peppers, and

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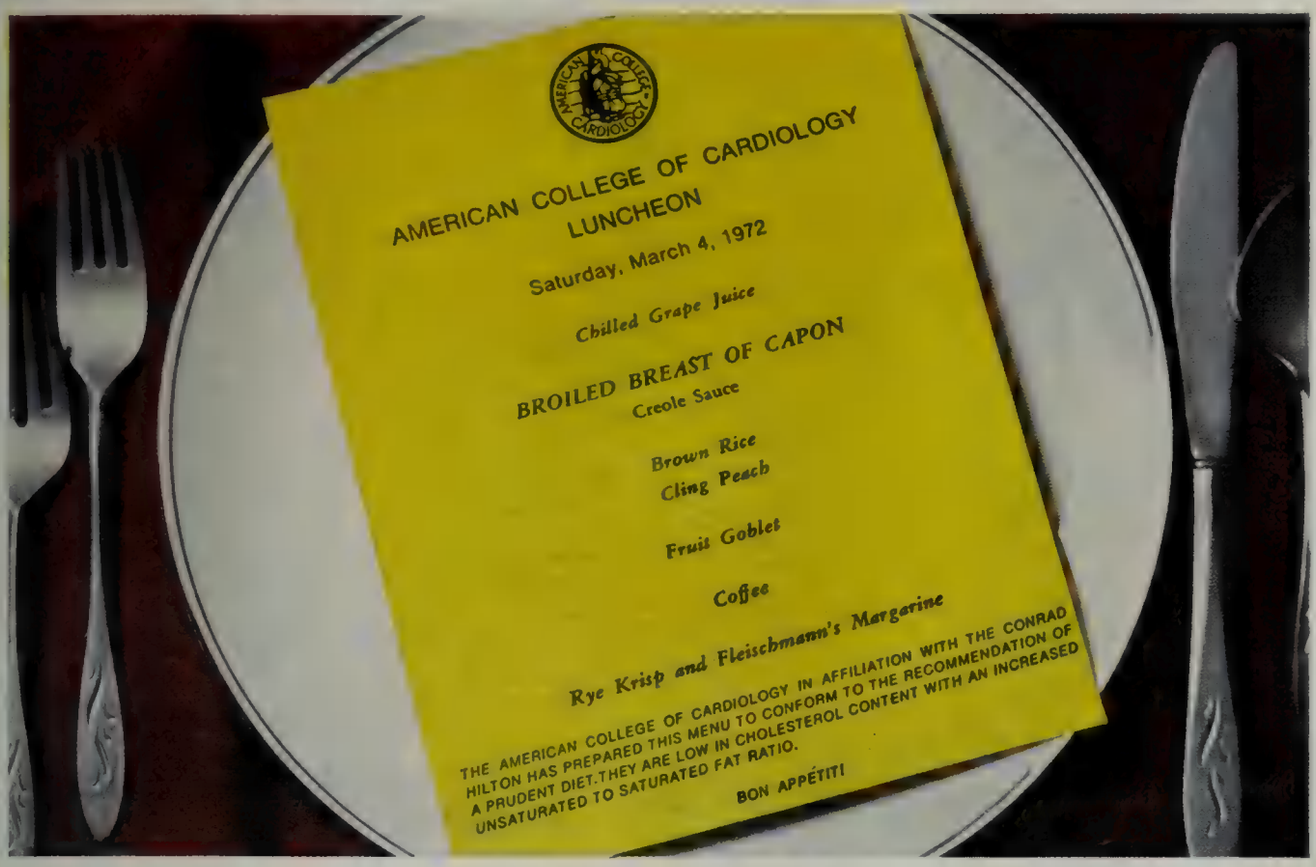

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Guam Hotel Okura, opening October 1972

"Dredge rabbit in flour"

mushrooms; cook, stirring to loosen any browned bits, until onion is limp. Mix in broth and remaining marinade, cover and simmer for 10 minutes. Combine cornstarch and water; stir into broth and cook, stirring, until thickened. Return veal to pan and heat through. Serve meat and sauce over noodles; top with parsley. Makes 4 to 6 servings.

Vie Shiemac

Garden Grove, Calif.

Chef of the West Ed Colby has been a member of this august body for a considerable period. His first appearance at the speaker's oven was in April of 1954 when he discoursed on roast duck. Now, 18 years later, *Chef* Colby proposes to tell us how to cook rabbit so that it will be both tender and moist. He says: "This will satisfy even fussy rabbit cooks. Our three Yorkies—Miffi, Muffi and Maggi—eat it with gusto. They are of course, gourmets."

Tender Moist Rabbit

- 1 broiler-fryer rabbit (2 to 2½ lbs.), cut in pieces
- ¼ cup flour
- ¼ cup olive oil
- 2 medium-sized onions, sliced
- ½ cup chopped celery leaves
- ■ small carrots
- 1 teaspoon marjoram leaves, crumbled
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons cider vinegar
- ½ teaspoon paprika

Dredge rabbit pieces in flour; shake off excess. Heat oil in a frying pan over medium heat and brown rabbit pieces on all sides; set aside. In the frying pan put the onion, celery leaves, whole carrots, marjoram, salt, pepper, and vinegar; stir well. Place browned rabbit on top and sprinkle with paprika. Cover pan, reduce heat, and simmer until rabbit is tender when pierced, about 1 hour. Remove rabbit pieces to a rimmed serving platter with carrots; spoon onion mixture over all. Makes about 4 servings.

Edmund G. Colby

Pasadena

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▲ BLENDER SPREAD
Creamy Best Foods makes plain luncheon meat party-perfect.

4 cup BEST FOODS Real Mayonnaise
3 cup canned sweet red peppers
3 pimiento stuffed olives
1 (12-ounce) can luncheon meat, cut in chunks

end first 3 ingredients in blender on low eed. Add meat, blending on high speed. ill until firm. Makes 3 cups.

HAM CARROT SPREAD
Whole-egg Best Foods won't make bread soggy.

cups finely chopped cooked ham
1/2 cup shredded carrot
1/2 cup BEST FOODS Real Mayonnaise
2 tablespoons finely chopped green onion
1 teaspoon prepared mustard

Combine ingredients. Chill. Makes 2 cups.

▲ CREAMY FLOUNDER SPREAD
Delicate Best Foods won't overpower even the mildest flavors.

1 (16-ounce) package frozen flounder or halibut, cooked and flaked
1/2 cup chopped celery
1/4 teaspoon salt
1/2 cup BEST FOODS Real Mayonnaise
1/2 cup pickle relish

Combine ingredients. Chill. Makes 3 cups.

◀ CORNED BEEF 'N CABBAGE SPREAD
Subtly spiced Best Foods goes perfectly with hearty foods.

2 cups finely chopped corned beef (about 1/2 pound)
1/2 cup finely chopped cabbage
1/3 cup BEST FOODS Real Mayonnaise
1 tablespoon horseradish

Combine ingredients. Chill. Makes cups.

SWISS OLIVE SPREAD
Smooth-blending Best Foods makes spreads extra spreadable.

2 cups finely grated Swiss cheese
1/4 cup finely chopped ripe olives
2 tablespoons chopped green pepper
Dash garlic salt
1/2 cup BEST FOODS Real Mayonnaise

Combine ingredients. Makes 1 1/2 cups.

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Making cookies with cornmeal

he **delightful crunch** and nutlike flavor these two tender, crisp butter cookies me from cornmeal that you add to e cooky dough.

emon peel provides the flavoring ac- nt in the first recipe—a delicately eet, rolled cooky. In the second rec- e, cornmeal is also used to coat the un- ked dough, and the resulting cookies ve an intriguing speckled appearance.

ttery Cornmeal Wafers

1 cup (½ lb.) soft butter or margarine
1 cup sugar
2 egg yolks
1 teaspoon grated lemon peel
1½ cups regular all-purpose flour (unsifted)
1 cup yellow cornmeal

ith a spoon beat together the butter d sugar until smoothly mixed. Add g yolks and beat well. Stir in lemon el, flour, and cornmeal until blended. ape dough into a ball; wrap and chill til just firm. Roll out dough on a well ured board to about ¼-inch thick- ss. Cut with a 2-inch plain or fancy oky cutter. Arrange cookies about 1- h apart on lightly greased baking eets. Bake on the middle rack of a 0° oven for 10 to 12 minutes or until lden around the edges. Transfer from n with a wide spatula and cool on wire ks. Makes about 4 dozen.—*C. P., Lo- ta, Calif.*

unchy Cornmeal Nut Cookies

1 cup (½ lb.) soft butter or margarine
½ cup firmly packed brown sugar
½ cup sifted powdered sugar
1 teaspoon vanilla
1 cup yellow cornmeal
1⅓ cups regular all-purpose flour (unsifted)
¼ teaspoon salt
About ½ cup toasted chopped almonds

th a spoon beat together the butter, own sugar, and powdered sugar until oothly blended. Stir in vanilla, ⅔ cup the cornmeal, flour, and salt; blend ll. Cover and chill until firm.

r each cooky, shape about 1 table- on of the dough into a ball; then roll remaining cornmeal to coat evenly. ce balls about 2 inches apart on tly greased baking sheets. With your gers, press to flatten each ball to about inch thickness. Top each with nuts l press to embed nuts in dough. Bake a 350° oven for 10 to 12 minutes or il richly browned. Cool slightly on s, then transfer to wire racks with a le spatula. Makes about 3 dozen. □

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Bring home some green tomatoes

Green tomatoes by kitchen definition are full sized and nearly mature, but haven't yet begun to turn red. Most of the year they're hard to find, but now in peak tomato season you can usually order them from produce men or pick them in your garden.

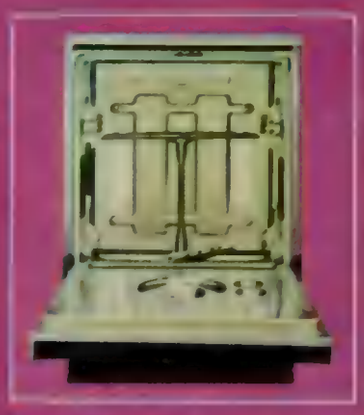
Raw green tomatoes are firm, crisp, rather flavorless. Cooked, they resemble tart cooked green apples in flavor and texture. We've found them interesting fixed a variety of ways, such as the hot appetizers, relish, or meat sauce recipes that follow.

In the first recipe, horseradish gives hot appetizers a zingy flavor.

Bacon-Wrapped Tomato Wedges

Cut 2 medium-sized green tomatoes each into eighths; sprinkle lightly with salt. Cut 8 slices of bacon in half crosswise; spread each with ½ to ¾ teaspoon prepared horseradish. Wrap each tomato wedge in a bacon strip, securing with a wooden pick. Broil 4 inches from heat, turning as needed, until bacon is crisp on all sides. Serve with knife and fork. Makes 16.—*W. H., Williams, Ariz.*

We didn't start out trying to make the most expensive dishwasher. But when we finished the best dishwasher we could make, it cost a few dollars more. Twenty-five years experience in building kitchen appliances proved to us that stainless steel is the only material to use in a dishwasher. It's more sanitary, more permanent; anything else may chip, flake, peel away and then rust. (A good reason why all commercial dishwashers are made with stainless steel.) Two stainless steel H-arms super scrub pots and pans with a 3-way washing action. You can put bowls and pans over dishes and utensils for more capacity. We even put our Waterford crystal and Limoges china into a Waste King Universal stainless steel dishwasher. Peace of mind is worth a few dollars more.



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The most expensive dishwashers in America are made of stainless steel.

Thick and piquant, this relish is agre able on a number of everyday foods- hot dogs, hamburgers, cold bee chicken, or ham.

Green Tomato Relish

- 6 medium-sized green tomatoes
- Boiling water
- 2 large cucumbers, peeled and chopped
- 2 medium-sized onions, chopped
- 2 medium-sized green apples, unpeeled, cored, and chopped
- 1 red or green pepper, seeds removed and chopped
- ⅔ cup chopped pimiento-stuffed, Spanish-style olives
- ½ cup sugar
- 2 teaspoons salt
- 1½ cups cider vinegar
- 1 tablespoon mustard seed
- 2 teaspoons dry mustard
- ¼ teaspoon ground turmeric

Dip tomatoes in rapidly boiling water cover for about 2 minutes, then rinse cold water and peel; cut out stem en and chop tomatoes. In a 6-quart ket combine the tomatoes, cucumbe onions, apples, pepper, olives, sug salt, vinegar, mustard seed, mustar and turmeric; bring to boiling. Redu heat and simmer gently, uncovered, f 2 hours or until reduced to about cups; stir occasionally. Cool, pour in small containers; cover, and then refri erate up to 3 weeks or freeze. Mak about 6 cups.

The Mexicans use the tomatillo, like sweet green tomato, to make the authe tic version of this sauce. It's particular good spooned onto portions of barb cued beef, poultry, or pork.

Green Tomato and Chile Meat Sauce

- 3 to 4 medium-sized green tomatoes
- Boiling water
- 1 large onion, finely chopped
- ¼ cup finely chopped blanched almonds
- 2 tablespoons salad oil
- 1 tablespoon minced fresh coriander (also called Chinese parsley, cilantro); or ½ teaspoon dried cilantro (coriander leaves); or 1 teaspoon ground coriander
- 1 tablespoon minced canned California green chiles (seeds and pith removed)
- 2 cups regular-strength chicken broth

Peel tomatoes and remove stem ends directed in the green tomato relish re ipe. Whirl tomatoes in a blender un smooth, or chop and force them throu a wire strainer (you should have 2 cu purée). Set aside.

In a 6-quart kettle combine the onic almonds, and oil. Cook, stirring, ov medium heat until onion is soft and monds are lightly browned. Stir in t mato purée, coriander, chiles, and bro simmer rapidly, uncovered, until duced to about 2½ cups. Stir occasic ally. Serve hot or at room temperatu or chill, then reheat to serve. Makes to 8 servings.

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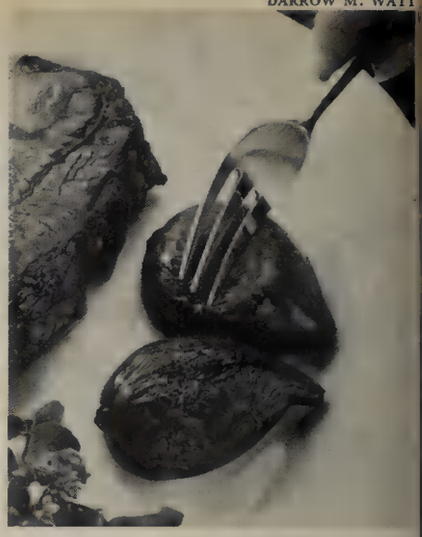
HAPPY TALK CHICKEN. *Marinate 1 medium sized fryer (halved or disjointed) in ⅔ cup Kikkoman teriyaki sauce 1 hr., turning once. Barbecue or oven-roast as usual, basting with sauce.*

DARROW M. WATT



Whole figs *pickled in spicy syrup go well with meats*

Making your own pickled figs

Mild, sweet Mission figs have a most commodating nature for pickling. T heat of this pickling process develo their sweetness and helps them absc the spicy flavor of the vinegar bath which they cook. And the blue-bla figs turn to a rich shade of burgundy. The flavor is both tart and sweet, w hints of cinnamon and clove. Th canned pickled figs make a good rel to accompany steaks and chops.

Spicy Pickled Figs

- 4 pounds firm ripe Mission (Black Mission) figs
- 2½ cups sugar
- 1½ cups white vinegar
- 2 cinnamon sticks, each about 1½ inches long
- 1 tablespoon whole cloves

Gently wash figs, leaving stems inta In a 6-quart saucepan, combine sugar, vinegar, cinnamon sticks, a cloves; over medium heat, bring to bo ing, stirring. Boil until liquid is reduc to 1½ cups, about 15 minutes. Add fi cover, and simmer figs about 15 minu (figs should still hold their shape). Sha pan occasionally; avoid stirring, becau it breaks up fruit.

At the same time, sterilize four 1-p canning jars by immersing in boili water for 15 minutes. Scald self-seali lids and ring bands in boiling wat Drain and fill jars, one at a time: W slotted spoon lift figs from boiling syr and pack into jar, then ladle boili syrup into jar to within ½-inch of ri wipe rim clean with a damp cloth; a just lid and band. Invert jar for 20 s onds, then set upright on a cloth. I stand at least 1 week before serving. Mak 4 pints.—*A. K., Smartville, Calif.*

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DARROW M. WATT

Cut *the fresh soybean cake in cubes for egg and beef dish with ginger and onion*

COOK'S DISCOVERY: Japanese tofu

At the market it's hard to see what fresh soybean cake is for—so many shoppers overlook it. Yet this creamy white cake or curd, perhaps better known by its Japanese name *tofu*, is basic to Oriental cooking.

If you've sampled many Oriental dishes, you've probably tasted this moist, mild, almost bland food made from ground soybeans. In fact, one of the chief assets of tofu is that its tender, porous texture and neutral taste readily assume the flavor of other foods and sauces.

Tofu was once confined to Oriental food stores (its Chinese name is *dow foo yuen*). But it's becoming increasingly available at supermarkets and natural foods stores—often in the produce section. Tofu must be kept refrigerated and is sold packed in water as 1-pound cakes or square slices. Use tofu as soon as possible after purchase—within 5 days—and keep it covered with water. As it ages, it develops a sour odor and, if uncovered, quickly dries out.

Relatively high in protein, B vitamins, and calcium, but low in fat, tofu is a nutritious ingredient in these recipes.

Serve this dish for breakfast or as a dinner entrée with rice and green beans.

Teriyaki Beef Tofu with Scrambled Eggs

Heat a large frying pan over medium heat; put in ¾ pound lean ground beef, 1 clove garlic (minced or mashed), and ½ teaspoon grated fresh ginger. Cook, stirring, until the meat is brown and crumbly. Stir in ⅓ cup soy sauce, 2 tablespoons dry Sherry, 2 tablespoons sugar, and 1 cake tofu (about 1 lb.), drained and cut in ½-inch cubes.

Lower heat and simmer, uncovered, for 5 minutes. Skim off and discard any fat. Mix together in a small dish 1 tablespoon cornstarch with 1 tablespoon water; stir it into meat mixture. Cook until sauce boils and thickens, about 1 minute. Pour mixture out onto serving plate and keep warm.

Beat together to blend 4 eggs, ½ teaspoon salt, and 2 tablespoons water. Melt 2 tablespoons butter or margarine in a clean frying pan over medium heat and pour in egg mixture. Scramble eggs gently by lifting egg as it cooks from the pan bottom with a wide spatula to let the liquid portion run underneath. When eggs are set, but still creamy, spoon onto the center of the meat mixture. Sprinkle ¼ cup chopped green onions (part of the tops included) over eggs. Makes 4 servings.

Bits of crisp fried garlic float on the s face of the following soup of Thai orig If you want to use the bottled fish s shop for it in Oriental grocery stores

Pork Tofu Soup

In a 4 to 5-quart kettle sauté 4 clo garlic (finely chopped) in 2 tablespo salad oil over medium heat until gold Pour oil and garlic from pan and aside for garnish.

To the pan add 1 large can (48 chicken broth and bring to a boil.

Meanwhile combine ¾ pound grou lean pork, ¼ teaspoon pepper, 2 tal spoons cornstarch, and 1 tablespoon soy or soy sauce; mix until blend Form the meat mixture into balls inch in diameter and drop into the b ing broth as they are formed. Drai cake tofu (about 1 lb.), and cut in 1-i cubes; add to soup, cover and simr 10 minutes or until meatballs are longer pink inside when cut open.

Meanwhile, discard stems and wash the leaves of 1 bunch (about 1 lb.) s ach. Cut leaves in 2-inch lengths. S off and discard fat from soup. Add s ach to cooked meatballs, cover, and s mer until spinach is barely wilted, ab 1 minute. Add more soy to taste. P garlic oil on top of soup. Ladle i bowls. Makes 8 servings.—*P. C., Angeles, Calif.*

Cut and assemble ingredients bef cooking this Chinese dish.

Shrimp and Tofu Stir-Fry

- 1 tablespoon cornstarch
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons soy sauce
- 2 tablespoons dry Sherry
- ⅓ cup regular-strength chicken broth
- About ¼ cup salad oil
- 1 clove garlic, minced or mashed
- ½ teaspoon grated fresh ginger or ¼ teaspoon ground ginger
- 1 pound medium-sized shrimp, shelled and deveined
- 1 medium-sized onion, cut in ¼-inch-thick slices
- 1 cake (about 1 lb.) tofu, drained and cut in 1-inch cubes
- 1 package (10 oz.) frozen peas, thawed

Stir together cornstarch, salt, and p per; blend in soy, Sherry, and broth set this sauce mixture aside.

Heat a large frying pan or wok high heat; when the pan is hot ad 2 tablespoons of the oil. To the hot oil the garlic, ginger, shrimp, and on Cook, stirring constantly, until shr is pink and firm, 3 to 4 minutes. T mixture out of pan onto serving d Add 2 more tablespoons oil to pan, t add tofu and peas. Stir gently 2 r utes or until tofu is heated through. turn shrimp and sauce mixture to and stir gently until sauce boils thickens, about 1 minute. Turn out serving dish. Makes 4 servings.

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Lentil-Sausage Potage

- 1½ cups lentils
- 2 quarts water
- 1½ cups sliced carrots
- 1½ cups diced potatoes
- 1 cup chopped celery
- 1 pound ham hock
- ¼ cup Schilling Instant Minced Onion
- 3 tablespoons Schilling Beef Flavor Base
- 2 Schilling Bay Leaves
- 1 tablespoon Schilling Season-All
- 1 teaspoon Schilling Basil Leaves
- ½ teaspoon Schilling Coarse Grind Black Pepper
- 4 garlic sausages
- Almadén California Solera Cocktail Sherry

Rinse lentils. Combine with all ingredients except sausage and sherry in a large kettle. Cover and boil gently 2 hours, or until lentils are tender. Add sausages, cut into ¼-inch slices. Simmer 10 minutes. Add sherry to taste. Serve soup hot, with crusty bread prepared with Schilling Garlic Bread Sprinkle. Makes 3½ quarts soup.

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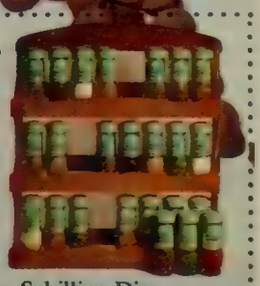

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Casseroles to make in the cool of the morning, or the night before

Make-ahead casseroles can simplify summer meal planning. These four have Mexican-style spiciness and are especially appealing on warm days.

You can prepare any of the casseroles in the morning or the evening before and reheat it before serving. A mixed green salad, a pitcher of iced tea or sangría, and slices of fresh melon for dessert could complete the menu.

Mexican Noodles

Cook 2 pounds lean ground beef or ground chuck in a 4 to 5-quart Dutch oven until brown and crumbly. Add 1 clove garlic (minced or mashed), 2 green peppers (finely chopped), and 2 medium-sized onions (finely chopped); cook until onion is limp, about 3 minutes. Add 1 tablespoon chile powder, 2 teaspoons *each* paprika and salt, ½ teaspoon crumbled oregano leaves, 1 can (14½ oz.) Italian-style pear-shaped tomatoes, and 1 large can (15 oz.) tomato sauce. With a spoon, break up the tomatoes. Simmer the meat and tomato sauce, uncovered, for 15 minutes. Skim off and discard any fat.

Cook 8 ounces narrow egg noodles in boiling salted water according to package directions. Drain.

Add the cooked noodles to the simmering sauce and pour into a 3-quart casserole. Spread 2 cups shredded Longhorn cheese evenly over noodles. (Cover and chill if made ahead.) Bake, uncovered, in a 350° oven until cheese is melted and noodles are heated through, about 15 minutes. (Bake the cold casserole, covered, for 1 hour; then uncover and continue baking until casserole is heated through and cheese melts, about 15 minutes.) Makes 8 servings.—*E. P., Walnut Creek, Calif.*

Chile Relleno Casserole

Trim crusts from 4 slices firm, white bread and spread one side of each with butter (you'll need about 2 tablespoons). Arrange the bread, with buttered side down, in a 7½ by 11½-inch baking pan. Sprinkle 2 cups shredded sharp Cheddar cheese evenly over the bread slices, then sprinkle 2 cups shredded Jack cheese evenly over the Cheddar. Distribute 1 can (4 oz.) California green chiles (seeds removed, minced) evenly over the cheese layer.

In a bowl, beat 6 eggs. Add 2 cups milk, 2 teaspoons *each* salt and paprika, ½ teaspoon crumbled oregano leaves, ½ teaspoon pepper, and ¼ teaspoon *each* garlic powder and dry mustard; beat until well blended. Pour the egg mixture over the cheese. Cover and chill overnight or at least 4 hours. Bake, uncovered, in a 325° oven about 50 minutes or until top is lightly browned. Let stand 10 minutes before serving. Makes 8 servings.—*J. W., San Diego, Calif.*

To prepare this chicken casserole ahead, cook the chicken, make the sauce, stack the tortillas, and shred the cheese; then cover and chill each separately. Bake

ing, layer the prepared ingredients baking pan and reheat.

:ken Tortilla Casserole

ct 2 broiler-fryer chickens (about 3 *each*); cut in pieces. Or buy 6 whole ken legs and thighs and 2 whole e chicken breasts (about 4 lbs. total). e all the chicken except breasts (re- e giblets for other uses) in a deep e. Add 2 cups water. Bring to a boil; r and simmer for 25 minutes. Cut breast in half and add to pan; sim- covered, for 20 minutes or until sts have lost all pink color in the est portions (cut a gash to test).

chicken from broth and set aside ool slightly. Then pull off and dis- skin and bones. Coarsely dice the t. (Cover and chill if made ahead.) n off and discard any fat from broth. rve one cup broth (save the re- ider for another use).

large frying pan over medium heat, 2 large onions (finely chopped) and ves of garlic (minced or mashed) in blespoons salad oil. When onion is , about 4 minutes, stir in 2 tea- ns *each* chile powder, crumbled leaves, and salt; 1 tablespoon sugar; easpoon crumbled oregano leaves; 1 (4 oz.) California green chiles (seeds oved, finely chopped); 2 cans (15 oz. *each*) tomato sauce, and the 1 cup reserved broth. Let simmer for 10 minutes. (Cover and chill if made ahead.)

Soften 12 corn tortillas in hot oil. Heat about ¼ inch of salad oil in a frying pan over medium high heat. Quickly turn one tortilla at a time in oil until softened; it takes only a few seconds. Drain. (Cover and chill if made ahead.)

Shred about 10 ounces of Longhorn cheese to make 4 cups. (Cover and chill if done ahead.)

Line the bottom of a 9 by 13-inch baking pan with 6 soft tortillas, overlapping them slightly. Sprinkle evenly over the tortillas half of the chicken pieces, half of the sauce, and half of the cheese. Arrange six more tortillas, overlapping edges in a single layer over the cheese; repeat the chicken, sauce, and cheese layers, ending with the cheese on top. Bake the casserole, uncovered, in a 350° oven for about 40 minutes or until casserole is heated through. (Bake the cold casserole, covered, for 1 hour; then uncover and bake 15 minutes or until heated through.) Pass sour cream to spoon over individual servings. Makes 8 servings.—*M. C., Rodeo, Calif.*

Mexican Meat and Cornbread Casserole

Remove both ends from one green pepper and discard seeds. Cut 3 thin rings, each about ¼ inch thick and set aside for garnish; finely chop the remaining pepper.

Cook 3 pounds lean ground beef or ground chuck in a large frying pan or Dutch oven over medium high heat until brown and crumbly. Add the chopped green pepper, 2 large onions (finely chopped), and 2 cloves garlic (minced or mashed). Cook until onion is limp, about 3 minutes. Stir in 1 tablespoon chile powder; ½ teaspoon *each* celery salt, pepper, and ground cumin; 2 teaspoons salt; 1 can (12 oz.) whole kernel corn with sweet peppers, drained; 1 can (10 oz.) red chile sauce; and 1 large can (15 oz.) tomato sauce. Let meat sauce simmer, uncovered, for 15 minutes. (Cover and chill if made ahead.)

Skim fat from meat sauce and discard. (If meat sauce was chilled, reheat to simmering.) Pour into a greased 9 by 13-inch baking pan. Prepare 1 package (about 15 oz.) cornbread mix, adding the eggs and milk as directed on the package. Spread cornbread batter over meat sauce. Bake, uncovered, in a 400° oven until bread is lightly browned, about 25 minutes. Garnish with green pepper rings. Cut in squares and lift pieces out with a spatula; spoon any remaining sauce over bread. Makes 8 to 10 servings.—*J. K., Escondido, Calif.* □

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STORE COUPON 4682

DARROW M. W

Plump tomatoes, *fresh vegetables, a wine are the ingredients of a spicy sa*

Tomato surplus? Freeze some sauce

When it comes time to harvest hon grown tomatoes, you're likely to be d uged with a crop that will perish fas than you consume it. One solution is turn some of the tomatoes into sau that you can freeze for leisurely u throughout the year.

The well seasoned, basic sauce here made up in a fair-sized quantity and good when served in a variety of wa Too, you can incorporate it into m involved dishes. Let the following su gestions guide you, then consider tryi flavor combinations of your own spiration.

Basic Fresh Tomato Sauce

- 2 medium-sized onions, finely chopped
- 4 cloves garlic, minced or mashed
- ⅓ cup olive oil or salad oil
- 5 pounds (about 12 medium-sized) firm ripe tomatoes
- Boiling water
- ½ cup minced green onion (including part of the green tops)
- 1 green pepper, seeded and chopped
- 1½ teaspoons salt
- ¾ teaspoon pepper
- ¼ teaspoon anise seed, crushed
- 1 tablespoon oregano leaves
- ¾ teaspoon rosemary leaves
- 1 teaspoon paprika
- About 1¾ cups dry red wine

In a Dutch oven or large frying p cook onions and garlic in olive oil o medium heat until golden, about 15 m utes; stir occasionally.

Meanwhile, immerse tomatoes, a few a time, in boiling water to cover fo minute, then lift out and plunge i

old water; pull off and discard skin. 'ut tomatoes into eighths and add to ooked onions along with the green nion, green pepper, salt, pepper, anise ed, oregano, rosemary, paprika, and ie 1¾ cups dry red wine. Bring mixire to boiling, stirring with a heavy ooden spoon to break up tomatoes. over, reduce heat, and simmer for 1 our. Remove cover and boil until reuced to 8 cups.

ou can use the sauce while hot, or let cool and refrigerate for 3 days, or eeze up to 4 months. If you freeze the uce, divide it into 1, 2, or 4-cup-sized ortions to use according to the sugestions that follow below.

reheat the sauce (if frozen let thaw st), bring mixture to simmering over w heat, stirring occasionally. If sauce ppears dry, blend in 2 to 4 tablespoons ater or dry red wine. Makes about 2 arts.—*E. F., Northridge, Calif.*

rving the tomato sauce

ith pasta: Cook about 6 to 8 ounces aghetti or other pasta according to ckage directions, then drain well. Pour nto a platter and mix with about 4 cups ated basic fresh tomato sauce; sprine with chopped parsley. Accompany th shredded Parmesan cheese. Makes to 8 first-course servings.

ith beef or shellfish: Spoon heated sic fresh tomato sauce onto individual rvings of broiled beef steaks or ground ef patties; or servings of hot cooked allops, cold crab, or boiled or broiled elled and deveined shrimp. Allow out 2 cups sauce for 4 to 5 servings.

ith vegetables: Heat 1 cup basic fresh nato sauce with 1 tablespoon chopped rsley. Stir it into 1 pound hot cooked hole green beans or 1¼ pounds hot oked sliced zucchini. Sprinkle with 3 blespoons toasted pine nuts (stir nuts a small, dry frying pan over medium at just until golden). Makes 4 servings.

mato sausage sauce. In a large frying n crumble ¾ pound bulk pork saue or lean ground beef into small ces; cook over medium heat, stirring, til well browned, about 10 minutes. move meat with a slotted spoon and aside. Discard all but 2 tablespoons the drippings from the pan (or, if necary, add enough butter or margarine measure 2 tablespoons fat in the pan). ld ½ pound mushrooms (sliced) and ok until golden brown and liquid has aporated. Return sausage to pan and nd in 4 cups basic fresh tomato ice; cook until sauce is heated ough. Cook 6 to 8 ounces pasta such vermicelli, tagliarini, macaroni, or ghetti according to package direcns, then drain well and mix with toto sauce. Accompany with freshly ted Parmesan cheese. Makes 6 to 8 t-course servings. □

Fix some easy Cheese 'n Wiener Crescents with a bowl of hot tomato soup, plenty of crunchy carrot and celery sticks and a big glass of milk. Cheese 'n Wiener Crescents. The hot dogs that are wrapped up in good taste.

Cheese 'n Wiener Crescents

8 wieners
8 strips Cracker Barrel® Cheddar Cheese
1 can (8 oz.) Pillsbury Refrigerated Quick Crescent Dinner Rolls

Preheat oven to 375°. Slit wieners to within ½ inch of ends; insert cheese strips. Place on wide ends of triangles; roll up. Place on cookie sheet, cheese side up. Bake at 375° 10 to 15 min. 'til golden brown. Refrigerate any leftovers.

♪♪Say hello to poppin' fresh dough♪♪

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on one 8 oz. can of Pillsbury Crescent Dinner Rolls

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Icy appetizers . . . fish, shellfish

Latin Americans enjoy a chilled app tizer they call seviche (seh-*vee*-cheh made by marinating raw fish or shellfis in seasoned lime or lemon juice. Th juice "cooks" the fish to an opaque, firm stage. It's served in the marinade.

These appetizers elaborate on the sevich idea. In the first recipe, vegetables mar nate with the fish. In the second recip seviche-marinated scallops are made int a cold soup.

Fish and Vegetable Seviche

In a bowl mix ¼ cup lime juice, ⅓ cu lemon juice, 1¼ teaspoons salt, and ½ teaspoon liquid hot pepper seasonin Cut 1 pound Greenland turbot, sole, rockfish into strips ¼ by ½ by 1 inc add to the juice mixture with 1 mediur sized red onion, cut in ⅛-inch slice and ½ green pepper, seeded and cut slivers; mix gently. Cover and chill ove night, stirring once or twice more. D vide evenly among small dishes. Serv 6.—*H.S., San Francisco.*

Seviche Appetizer Soup

Coarsely chop ½ pound scallops; m with ½ cup lime juice, ⅓ cup chopp onion, and 1 teaspoon salt. Cover a chill overnight.

Combine the scallop mixture, 1½ cu tomato juice, 1 can (about 14 oz.) reg lar-strength chicken broth, and 1 te spoon minced fresh coriander (al called cilantro and Chinese parsley) regular parsley. Add to taste 1 to tablespoons minced canned Californ green chiles (seeds removed). Ch Serve in small bowls; top with coriand or parsley sprigs. Pass lime wedges table. Serves 6 to 8.

DARROW M. W

Fresh *coriander tops seviche soup*

Crêpes au Saumon without Planters Oil is only stuffed pancakes.

Have you ever wondered if there's something secret in the way the French make crêpes?

Crêpes, when the French make them, are thin, light and delicate. They get them that way by cooking them in peanut oil. And you should, too. In Planters Peanut Oil.® Because Planters adds a light, subtle flavor. Just enough to give your Crêpes au Saumon that special something. And Planters Oil is natural, with no chemicals added.

Peanut Oil isn't exactly a French secret. The Japanese, Indians, Chinese, Italians and Americans cook with it, too. Make Planters Oil your secret ingredient. Things will taste the way they were meant to.

In a small mixing bowl beat *2 eggs* and *⅔ c. milk*. Beat in *½ c. flour, 2 t. sugar* and *¼ t. salt*. For each crêpe, pour 2 T. batter into a hot 5 or 6-inch skillet lightly oiled with Planters Peanut Oil. Tilt quickly so that batter covers bottom of pan. Cook over medium heat until set and bottom is lightly browned. Set aside.

Press *2 cloves* into *1 peeled onion; mince another onion.* Combine *¼ c. Planters Oil, ¼ c. flour, ¾ t. salt* and *⅛ t. white pepper* in a saucepan; blend until smooth. Add whole and minced onion. Cook over medium heat, stirring constantly until thick and bubbly, about 2 minutes. Remove from heat.

Gradually blend in *1 c. cream* and *1 c. milk.* Bring to a boil, stirring constantly. Remove from heat; discard clove studded onion. Stir in *2 T. sherry;* set aside *1 c. sauce.* Blend small amount remaining sauce into *2 slightly beaten egg yolks;* return to saucepan, stirring vigorously. Bring to a boil, stirring constantly. Remove from heat; stir in *1¼ lb. salmon,* cooked, boned and flaked or *one 1-lb. can* drained, boned and flaked.

Spread equal amounts salmon mixture down center of crêpes. Fold sides toward center and overlap.

Arrange in large baking dish. Top with reserved sauce; sprinkle with *2 T. grated Parmesan cheese.*

Bake at 375° for 20 min., or till hot and bubbling. Garnish with parsley. Serves 4-6.

Planters Oil makes cooking...cuisine.

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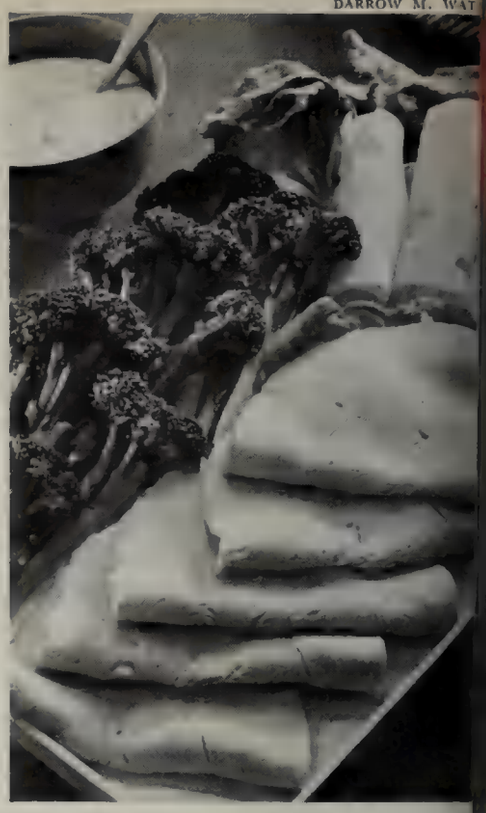
DARROW M. WAT



Salad tray *meal is Swiss cheese, broccoli, and turkey served with chive dressing*

Cheese is what makes these salads distinctive

The ample amount of cheese in these salads makes each a light, satisfying entrée. Accompany either salad with hot rolls for a simple summer meal.

The serve-yourself salad tray, shown above, includes broccoli and turkey or chicken. These ingredients baked with a cheese sauce make a dish called chicken divan, but served cold with sliced cheese and a spicy chive dressing, they make a pleasing salad.

Use sliced turkey from a delicatessen, packaged turkey slices from the market, or leftover cooked poultry. Or simmer about 2 pounds chicken breast in a little salted water until tender, 15 to 20 minutes; remove skin and bones, slice thinly, and chill.

Turkey Divan Salad Tray

About 1½ pounds broccoli
Salt
Water
About 1 head butter lettuce
6 ounces Swiss cheese, cut in thin slices
About ¾ pound cooked turkey or chicken, thinly sliced
Chive dressing (recipe follows)

Trim tough ends from broccoli and split stems up through flowers so stem sections are no thicker than ½ inch. Drop into boiling salted water to cover; quickly return to boiling and cook, uncovered, for 3 to 5 minutes or until stems just pierce readily with a fork. Drain at once and immerse broccoli in ice water to cool quickly. Drain well, then chill.

Shortly before serving, arrange the lettuce, broccoli, cheese, and turkey on a serving tray. Serve with the chive dressing. Serves 6.—*H. M., Los Angeles.*

Chive Dressing. In a small bowl, mix package (8 oz.) chive sour cream dres ing, 2 tablespoons *each* lemon juice ar finely chopped parsley, 1 tablespoo finely chopped green onion with some the green top, ½ teaspoon salt, ⅛ te spoon pepper, ¼ teaspoon tarrag leaves (crushed), and 1½ teaspoons D jon-style mustard. Cover and chill.

This mixed salad combines an Itali cheese called provolone with swe roasted peppers and crisp vegetabl Firm provolone has a distinctive flav that is mellow, smoky, and somewh tart. Or use smoked Swiss instead.

Provolone Cheese Salad

1 jar (6 oz.) sweet roasted red peppers
1 package (6 oz.) provolone cheese or smoked Swiss cheese
1 quart romaine or iceberg lettuce leaves, torn into bite-sized pieces
1 cup thinly sliced celery
1 medium-sized sweet onion cut in 1/16-inch-thick slices
Horseradish dressing (recipe follows)

Drain the red peppers and cut i matchstick-size pieces. Cut the che into strips that are ⅛ inch by ⅛ i by 2 inches. Put the romaine in a w salad bowl and arrange the peppe cheese, celery, and onion on top; co and refrigerate if done ahead.

At the table, pour the horseradish dr ing over the salad and mix gently. Ser 4 to 6.—*H. N., San Francisco.*

Horseradish Dressing. In a small b mix ½ cup sour cream, ¾ teasp *each* salt and prepared horseradish, teaspoon pepper, and 1 teaspoon Dij style mustard. Gradually beat in 5 ta spoons milk. Cover and chill.

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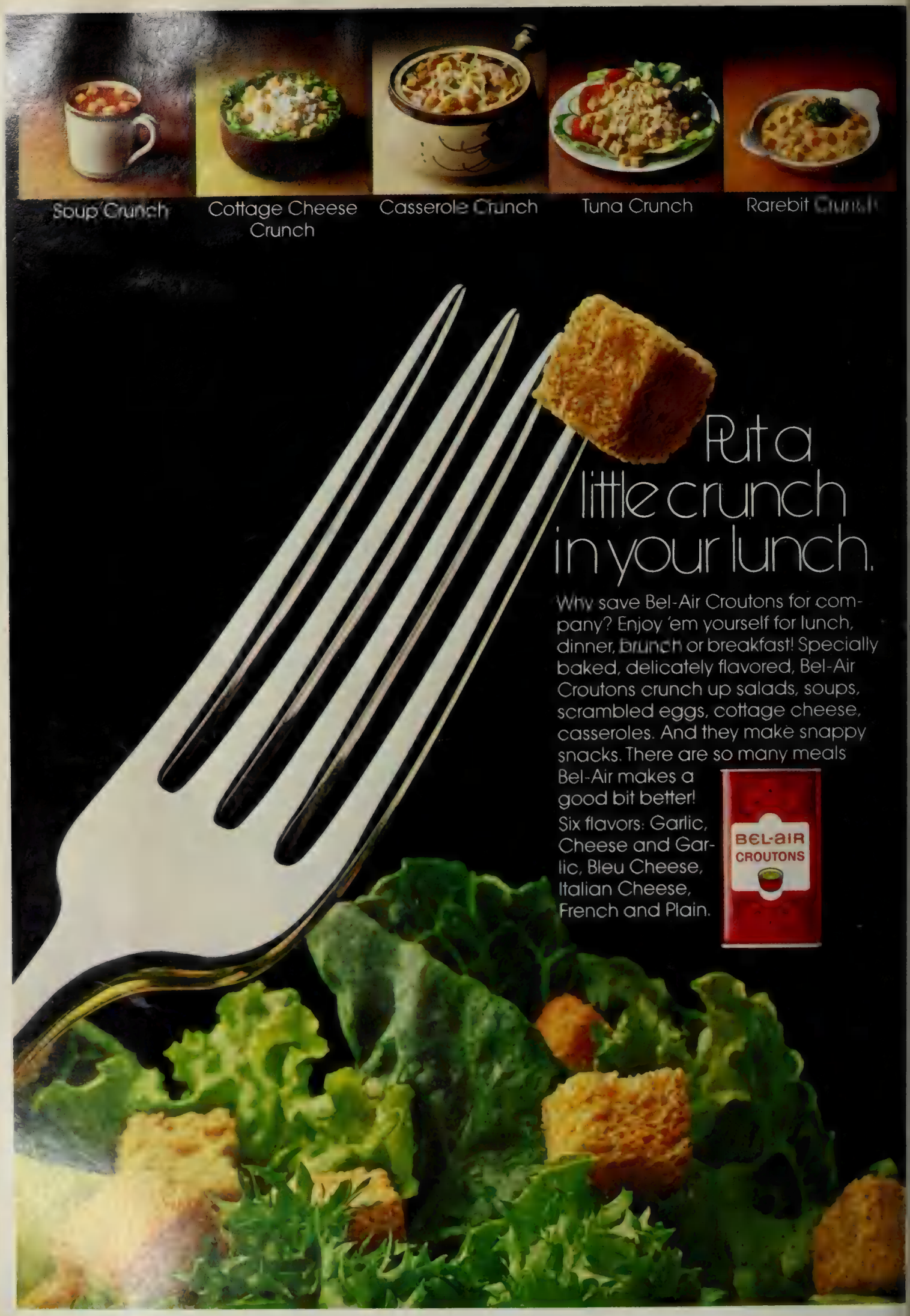
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Merchant *shows extra-large white truffle; sniffing is test of quality*

When truffles come to Alba's market

Saturday is market day in Italy's Piedmontese town of Alba, not just in one *piazza*, but throughout the town center. Automobiles cannot enter the market area after the vendors begin setting up their stalls early Saturday morning. The market is at its liveliest before noon.

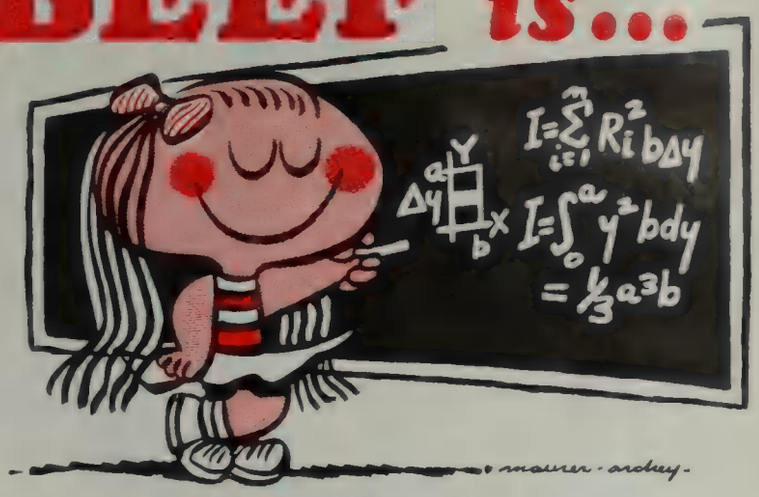
Alba's weekly market is especially colorful about the time of its annual truffle fair in October. Around the red brick Cathedral of San Lorenzo in the town center are the stalls selling fruits, vegetables, cheese, sausages, poultry, meat, and flowers. In one of the two streets leading into the church square, look for a sign showing the way to the *mercato tartufi*, or truffle market. In the courtyard set aside for this wholesale market, the air is permeated with the pungent fragrance of the rare white truffles that flourish in the Alba countryside.

Lining the other street that leads into the church square are stalls for household goods, candy, and small animals. In one square, merchants cover the pavement with goods to make an open-air hardware store. This is a good place to look for reasonably priced copper cookware, especially bell-shaped unlined pots for cooking *polenta*. Also good buys are small terra cotta stoves for heating and serving *bagna cauda*.

English is spoken at the modern Hotel Savona near the railroad station. The hotel's dining room serves regional dishes and wines. And a hotel shop sells canned Alba truffles (the fresh ones are too perishable to travel well).

Alba is about 37 miles southeast of Turin, on the highway to Savona. It can be reached by rail from Turin or Asti. □

BEEF is...



...brain power

Children's learning problems are often related to improper diet. Many eat too many sweets and not enough protein. Beef jerky is a nutritious snack of complete protein.

FAVORITE BEEF JERKY: Trim fat from beef flank steak. Cut with grain into strips 1/8-inch thick. Toss with 1/2 cup soy sauce and 1/2 teaspoon *each* garlic salt and lemon pepper. Place strips close together, but not overlapping, in single layer on rack over baking sheet. Bake in slow oven 150 to 175° overnight, 10 to 12 hours. Store at room temperature.

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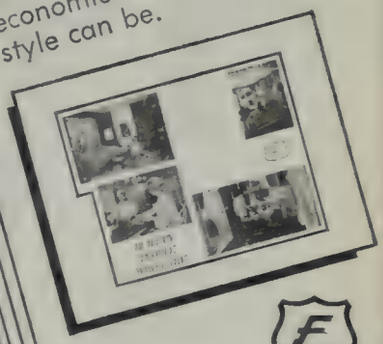

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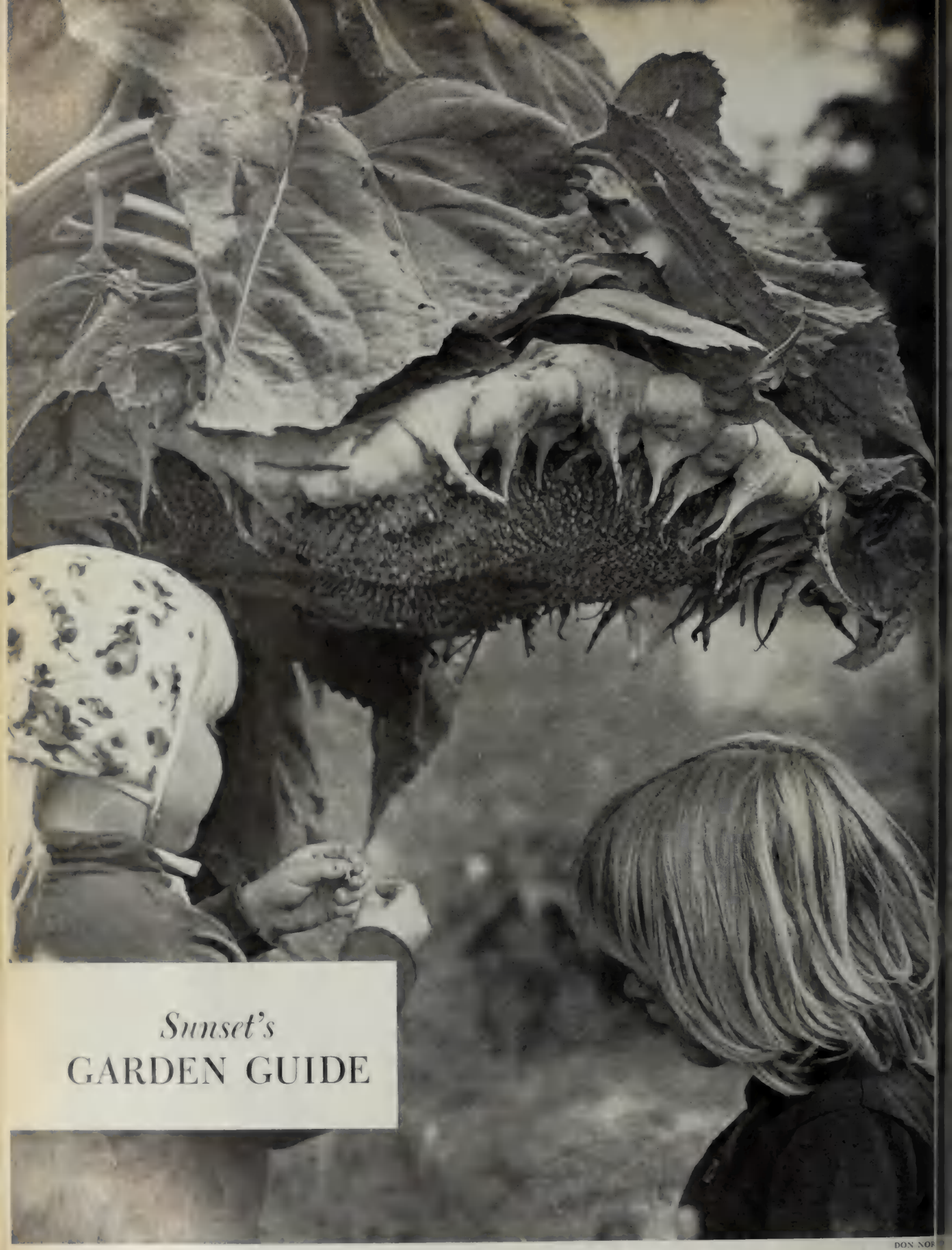


Sunset's
GARDEN GUIDE

DON NOR

Harvest sunflowers in September

An 18-inch-wide sunflower bends over and points down as stalk withers and seeds ripen in September. It's completely dry, ready to harvest. Surprisingly, even this big a flower yields less than a pound of seeds

EPTEMBER IN YOUR GARDEN:

Now's the time to dig and plant for next year

ow comes the time when Western gar-
ners shift from leisurely enjoyment of
eir summer gardens to the satisfying
ork of digging and planting a fall, win-
, or spring garden. When the weather
ols (especially after nights turn cold),
nmer annuals and vegetables begin to
le, weaken, or die. Then it's time to
ll them up and start anew.

is season comes to us as a special
portunity that gardeners in eastern
nerica don't share. For while the East
buried under snow and ice, Western-
can enjoy fresh vegetables and flow-
from their own gardens. But that
easure is not free and guaranteed. It
l come only if you begin a winter gar-
n now, before the weather turns too
ol and the days too short for fall
antings to get a good start.

ll planting hints

ere are several things that you should
to increase chances for success when
u plant in the fall.

st, prepare soil thoroughly. Spade or
ary-till the planting beds after you
ll out summer annuals. Work in soil
endments such as nitrogen-stabilized
ound bark, leaf mold, and bonemeal
fertilize the soil and improve its tex-
e. Good texture is important for ade-
ate drainage when the rainy season
gins, so try to work the amendments
to a depth of at least 12 inches.

ad about a bed preparation scheme
at is new to Western America on pages
and 168 of this issue. It calls for
antities of organic material and some
ecial ways of spacing plants.

nother thing that helps at fall planting
ne is to have some sort of shade-
aker ready to put up temporarily if the
ather suddenly turns hot, as it often
es in September. Young transplants
d freshly sprouted seedlings usually
most susceptible to heat because
eir shallow roots can only get moisture
m the upper few inches of soil, the
t that dries out fast.

u can make simple shade screens
m burlap or other lightweight cloth,
or even cardboard, supported by light stakes. Make sure the plants have good ventilation under the screen or the trapped heat will cook them.

Also, water young plants deeply enough so that their root systems will develop rapidly while the soil is still warm enough to stimulate root growth.

Offbeat bulbs for fall planting

Along with many familiar bulbs available at nurseries this time of year are some lesser known ones. If you can get them, they will add variety to your garden.

Autumn crocus (*Colchicum autumnale*) blooms in late summer with lavender, purple, or white flowers. Plant the hardy corms 3 to 4 inches deep.

Nerine (*Nerine bowdenii*)—for mild winter areas—has crimson, pink, or red flowers in fall. Plant 3 inches deep.

Snowdrop (*Galanthus*) blooms in early spring with white flowers. It does best in cold-winter areas. Plant 3 to 4 inches deep in sun or part shade.

Snowflake (*Leucojum*) has white flowers. Summer snowflake blooms in winter in mild areas. Spring snowflake blooms in early spring. Plant both 4 inches deep.

Spider lily (*Lycoris*) has gold, pink, red, rose, white, or yellow flowers. In coldest areas, plant 6 inches deep, otherwise only 3 to 4 inches. Blooms come in the spring.

Sternbergia (*Sternbergia lutea*) has golden flowers in fall. Plant bulbs 4 inches deep.

Zephyr flower (*Zephyranthes*) blooms in summer and fall, depending on variety. Colors include pink, rose, yellow, white. Plant 1 to 2 inches deep.

Geranium relative is an edging plant

Erodium chamaedryoides, often called crane's bill because its seed pods look like the pointy beaks of wading birds, is a pretty but not well known edging plant. A low growing member of the geranium family, it blooms from late spring until October, covering its mat of dark green wrinkled-edge leaves with small, pink-veined white flowers.

Crane's bill seldom grows more than 6 inches tall and 12 inches wide. It sends out deep roots and needs a rich, porous soil with adequate moisture. Since it grows equally well in partial shade or direct sunlight, crane's bill is a good plant to use as an edging for a walk, along a perennial border, or in a rock garden. Because it spreads slowly, set plants about 6 inches apart when you use it to cover an area. Don't plant it where it will have to bear traffic.

Although frost may turn some leaves red, in most mild-winter areas crane's bill will get through without any extra protection. In some places a heavy frost could kill the leaves, but the plants might

Pink-veined *white flowers of crane's bill contrast with dark green scalloped leaves*
NORMAN A. PLATE

Sunset's GARDEN GUIDE

grow back from the roots. At higher elevations and east of the Sierra Nevada, crane's bill will probably not survive.

Prolonging winter lawn color

In areas where Bermuda grass is used for lawns, the annual get-even curse is that it goes dormant in winter and turns brown. One way to give the lawn winter color is to overseed it with a cool-season grass that stays green in the winter. Annual ryegrass is the usual choice for winter cover.

Because perennial ryegrass varieties are now more commonly used in lawns, some were recently tested by the University of California Agricultural Extension Service to see how useful they would be for overseeding Bermuda grass.

Three experimental and five commercial varieties were sown in test plots over common Bermuda during October, 1970. For two years they were graded monthly on general appearance, ability to compete with weeds, amount of coverage, and per cent of survival.

During the first winter all eight varieties gave good turf appearance. But differences started to appear in the summer of 1971. After a period of high temperatures, two varieties that are commercially available, Manhattan and Pennfine, gave better looking lawns because they had higher survival rates.

The second winter all overseeded plots looked better than Bermuda alone, but the plots seeded with Manhattan and Pennfine looked better than the rest. Those two varieties showed 82 to 88 per cent survival, almost as good as the first winter, while the other six varieties ranged from 38 to 60 per cent survival.

How to pick a ground cover

Early autumn is a good time to plant ground covers in mild winter areas. If you are trying to choose a ground cover, it might help to know some desirable characteristics to look for in good low-maintenance plants.

A good ground cover should grow vigorously so that it will compete well against weeds. Also it should resist drought because where water costs are high, plants that need less summer watering are naturally more economical. A low-maintenance plant should require no mowing or pruning, particularly if you want to use it to cover a steep slope.

And be careful that the plant is not prey to some insect, mite, or disease. Finally, a good ground cover ought to provide color through much of the year.

Very few plants have all the characteristics together but some of the better ones include *Ajuga reptans, Baccharis pilularis, Euonymus fortunei, Gazania uniflora*, several kinds of ice plant, *Lonicera japonica, Osteospermum fruticosum, Pachysandra terminalis, Verbena peruviana, Vinca major.*

This month in intermountain gardens

Now is the time to prepare for the arrival of the first frosts. If you moved house plants outdoors for the summer, bring them in now. Other tender plants in pots should be moved indoors or to sheltered areas, too. If you plan to keep plants in a greenhouse for the winter, now is a good time to make sure that the heating system and the water pipes are in good order. Replace broken panes of glass before cold nights arrive.

For plants that you can't move indoors there are several things to do to prevent frost damage. Mulch around the roots and stems of roses by mounding up 4 to 6 inches of organic matter. You can also use wire cylinders to hold the mulch in place. One good mulch that is readily available in many mountain areas is pine needles; they conserve moisture but let in air and light.

To protect broad-leafed evergreens—such as boxwood, euonymus, and rh dodendrons—from the burning effec of winter winds, make shelters for the now. Use shelters made of laths, burla cardboard, or plywood to block dryi winds. Strong sunlight on cold, d windy days can also damage leaves, place your shelters to block out midd sun, too.

Time to make cuttings

September is the time to take cuttin of fuchsias, geraniums, and pelargo ums. The cuttings will root within a f weeks and in mild winter areas t plants will get a good chance to gr before cold weather arrives.

To make fuchsia cuttings, take 2 or inch-long tip sections of recent grow Pinch off the leaves along the lower p of the stem. Stick the bare ends at le an inch into moist vermiculite or sa A seed flat like the one shown bel can hold a couple dozen cuttings wh they root. For just a few cuttings, y can use a 4-inch clay pot. Set the c tings in a cool, shady place and keep rooting medium moist. In 4 to 6 we the roots will form and the rooted c tings can be transplanted.

Take cuttings of geraniums and pel goniums when you cut them back af the main bloom. Select stems with clo ly spaced leaf joints to make stock plants. Take 2 to 3-inch cuttings fr the ends of stems, making a straight ½ inch below a leaf joint. Remove flowers and all but the top three s of leaves.

Stick the cut end into a clay pot c taining a mixture of coarse and li sand. Keep the sand moist but not Roots should form in four weeks; th

Root *fuchsia tip cuttings in flat of damp vermiculite*
DARROW M. WATT

Professional operator *uses small tractor to pull multipronged aerator that punches holes in compacted soil of old lawn. To stimulate new growth, he then spreads fertilizer over it (right)*

ot the rooted cutting into soil mix pinch out the tip of the stem.

tulips give you itchy fingers?

ou have ever experienced the sensa- of painful fingers caused by dry, cking skin after planting tulips, you y have had a skin ailment caused by a chemical that naturally occurs in tulip bulbs. The chemical, alpha-methylene-gamma-butyrolactone, can irritate the skin of some people. Lily and hyacinth bulbs also have substances which can cause similar maladies.

If this has ever happened to you, wear rubber gloves when you plant bulbs.

What hole-punching does for lawns

Punching thousands of holes in a lawn, as the man is doing in the picture at left, is one of the simplest things you can do to keep a lawn looking prosperous or to restore an old lawn to good health.

Studies of turf on heavily used putting greens show that good turf growth mostly depends on how easily oxygen from the air can diffuse into the soil. Compacted soil prevents oxygen from diffusing into it. An aerating tool opens holes that let air and water down into the soil. Holes drilled 4 to 6 inches deep are helpful, but even 10-inch holes aren't too deep.

Signs that your lawn needs aerification are poor growth in spite of fertilizing, large brown patches in low areas, and slow absorption of water. But even if your lawn showed none of these signs and looked healthy this summer, there is no harm in aerifying it now. It will improve soil conditions in the root zone and may head off future problems.

All sorts of aerifiers are available from a simple one that you can attach to a garden hose to engine-driven ones that cost hundreds of dollars. You can buy one, rent one, or you can hire a professional lawn maintenance man to do the work for you.

SEPTEMBER CHECK LIST: *Here's what needs doing*

☐ **Annuals.** You can begin to plant winter-flowering ones later this month. Set out plants of calendulas, Iceland poppies, pansies, snapdragons, stock, sweet peas, and violas. Seeds of calendulas, dimorphotheca, and nemesia sowed now will give flowering plants by late winter or early spring. For advice on fall planting, see the article in this Garden Guide.

☐ **Bulbs.** See advice on pages 165 and 174 of this issue for what to plant now. Gardeners living in cold-winter areas should dig up tender and half-hardy bulbs and store them for the winter after frost has blackened the tops, or when leaves turn yellow; tuberous begonias, cannas, gladiolus, and tigridias should be stored indoors.

☐ **Compost.** Pull up summer annuals when they're through blooming, and vegetable plants when they're through producing; use them to start a new winter compost pile. Chopping up woody-stemmed plants before you compost them helps to speed their breakdown. Water the pile often enough to keep the compost moist.

☐ **Landscape planting.** This month and next are best for planting trees, shrubs, screening plants, and hedges—any permanent plants except frost-tender ones (wait until spring) and deciduous ones (wait until winter and plant them bare root).

☐ **Lawns.** You can start to prepare the soil for planting now. It's also a good time to install a sprinkler system. If you intend to sterilize the soil to prevent weeds from growing, do it as soon as possible. (You must wait at least 30 days before planting seeds after fumigating the soil.) Wait until the last two weeks of this month or the first two weeks of October to plant grass seed. For advice on renovating established lawns, see the article at the top of this page.

☐ **Perennials.** Gardeners in cold-winter regions can divide and replant crowded perennials this month. That will give the plants a chance to become established before the first hard frosts arrive. In mild-winter areas, wait until October to make divisions. In mild areas toward the end of the month you can also plant perennials such as achillea, *Alyssum saxatile*, bergenias, coral bells, evergreen candytuft, hellebores, herbaceous peony, saxifrage, and Shasta daisy.

☐ **Vegetables.** In milder parts of northern California this month vegetable planting goes full speed, while in the Central Valley it's time to finish up. In both places you can now plant beets, Chinese cabbage, carrots, celery, chard, chives, garlic, kohlrabi, leeks, parsnips, peas, radishes, rutabagas, and turnips. Also, sow seeds of head lettuce and spinach and set out plants of cabbage, cauliflower, and broccoli. (Set out Brussels sprouts in favored areas along the coast.)

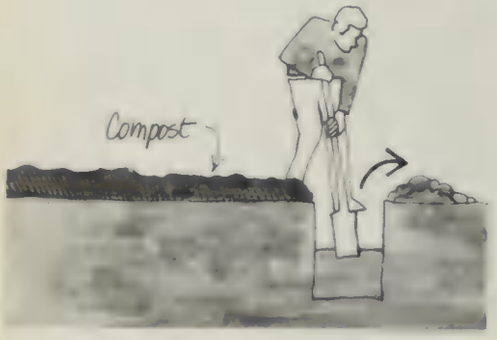
☐ **Watering.** Keep watering regularly this month even if the first light rains fall. Deep and thorough watering can help some of the summer plants last until October in milder areas. □

Getting started with the French Intensive Method . . . the mounds and the spacing

Here's how to mound beds and space vegetables for the French Intensive Method discussed on page 78.

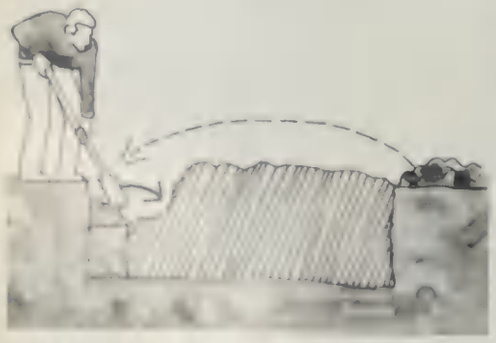
First, divide the area to be planted into beds running north-south. Use stakes and string to outline them.

Beds for plants that need vertical support—beans, cucumbers, peas, tomatoes—should be 1½ feet wide. Make beds for other plants wider, but narrow enough so that you can easily reach the center of the bed from either side (3 to 5 feet).



Spade *bed and work in compost by digging one trench after another across width of bed. For first trench, dig out one spade's depth; loosen soil one-spade-depth more*

Dig *second trench and ones following like this. Take soil from top half of second trench, use it to fill first trench. Loosen bottom soil. Mound as you dig trenches*



Finish *bed by filling last trench with soil dug out of first trench*

Dig as shown at left. Blend in compost or other organic matter and sand as needed to make soil that's approximately ⅓ compost, ⅓ sand, and ⅓ garden soil. Leave the surface rough two to five days to air out. Then break clods and work to a fine texture, keeping the mounded shape. If you plan to sow seeds on the bed, save enough soil in a wheelbarrow to cover them.

Next, sprinkle on a thin dusting of bone meal, an inch or two of rotted manure, and a dusting of wood ash if possible. Turn these materials into the top 3 to 6 inches of the bed, depending on how deep-rooted the crop to be planted is. Then rake soil into a smooth mound.

Soak soil with a gentle spray a day before planting. As plants mature, water deep enough to soak the whole root area, and often enough to keep the top 2 inches of soil moist.

Spacing between plants is important, and transplanting gives you more control over spacing than sowing does. The object is to set the plants at intervals so their outer leaves will just touch as they approach mature size. (For example, lettuce should be about 8 inches apart; cabbage about 15.) Plant in staggered lines across the bed as shown above right.

If you don't know how large a vegetable grows, space it the closest distance usually suggested on seed packets or in gardening books (or even just a little closer).

Transplant cabbage and other cole crops, celery, eggplant, leeks, lettuce, onion sets, and peppers. Remember, when doing your transplanting to distribute your weight over the bed with a board so soil won't get packed.

You'll have to sow some vegetables directly into a bed because they don't transplant well: bush beans, beets, carrots, parsnips, dwarf peas, radishes, rutabagas, spinach and turnips. Sow these seeds at about the same density as you would using the old row method, but scatter them over the entire bed. Take special care not to miss the bed's corner and outside edges.

Just barely cover seeds with a thin, even layer of fine soil, gently sprinkling it over the bed with a shovel in the same way manure is spread.

Transplant *seedlings in staggered lines*

You won't have any trouble sowi crops like beets, bush beans, dwarf pe and spinach, because their seeds a large, and you can see how thickly th are sown. Spread out seeds that are t crowded until you can sow correctly.

Fine-seeded crops like carrots and tu nips are trickier. You can practice g ting an even distribution by "sowin coffee grounds over paper or cloth. Th way you'll get a clear picture of h the seeds will fall when you try it the garden.

It's better to sow too many seeds th too few—you can always pull out ex plants. With practice, you'll learn to it so almost no plants need to be pul out. Seedlings should be spaced so m plants have just enough room to rea harvest size. But you can let root cr like carrots grow closer together beca you'll begin harvesting them when th reach fingerling size. By doing this k of thinning, you'll give the remain plants enough room to grow.

Chard is an exception to the system doesn't transplant well, and if y sowed the entire bed, the growing pla would be so small they wouldn't pr erly shade the soil. Instead, you pl in furrows (1 foot between each furr on top of the bed. When the plants about 2 inches tall, thin them so the about 3 inches apart.

Some plants grow so tall or large t solid coverage of a wide bed isn't pr tical. You can still grow such plants beds, but plant them in the usual wa clusters of seeds for melons and squ rows for climbing peas and beans, co cucumbers, potatoes, and tomatoes.

For 8 cents, you could give this to your kids.

u're looking at Fort Baker in Marin County.

And there are more than 22,000 acres like it that uld be yours for the asking.

It's part of a plan that's so big, so beautiful t at you may be inclined to dismiss it as impos- ble. For heaven's sake, don't. Because if enough ople want it, it can be ours.

The plan is for a Golden Gate National Recrea- n Area. (You can see its scope in the photo low.) This is no pipe dream of local conserva- nists. It's part of a nationwide plan being con- lered by the Department of the Interior to pre- nt the Bay Area and other urban regions from coming wall-to-wall houses.

This stark possibility can't be staved off by al governments, if the federal government de- les to sell these lands. (Imagine Marin County ying Point Reyes or Merced running Yosemite.) eating a National Recreation Area, maintained the federal government, is the only solution. will open up vast new stretches of hills and astline. And preserve the d for all the people, for all ne.

Support for the plan is as oad as you'd expect. Sena- rs Cranston and Tunney, ngressmen Maillard and rton are working hard for in Congress. Business, labor d professional leaders are cking it. People like William th, Phillip Berry, John Bus- rud, Dr. Arthur Coleman, rman Gallegos, John Jacobs, ri Wada, Dr. Philip Lee, Fred errill. Also a citizens com- ttee has been formed with Dr. Edgar Wayburn as chairman, and Amy Meyer, co-chairman.

So the plan is off to a good start. But, as with Point Reyes, it's not going to happen until you get behind it. Right now. By spending 8 cents on a stamp to send us your coupon. By getting friends to write. By urging your company, union or organization to support it publicly.

With so much at stake, is that too much to ask?

People for a Golden Gate National Recreation Area
3627 Clement Street, San Francisco 94121

- ☐ Yes, I support the plan for a Golden Gate National Recreation Area. Pass on my vote to Washington.
- ☐ Send me more information. I'll write my Congressman, House of Representatives, Washington, D.C. 20515.
- ☐ Put me on your mailing list.

Name_____

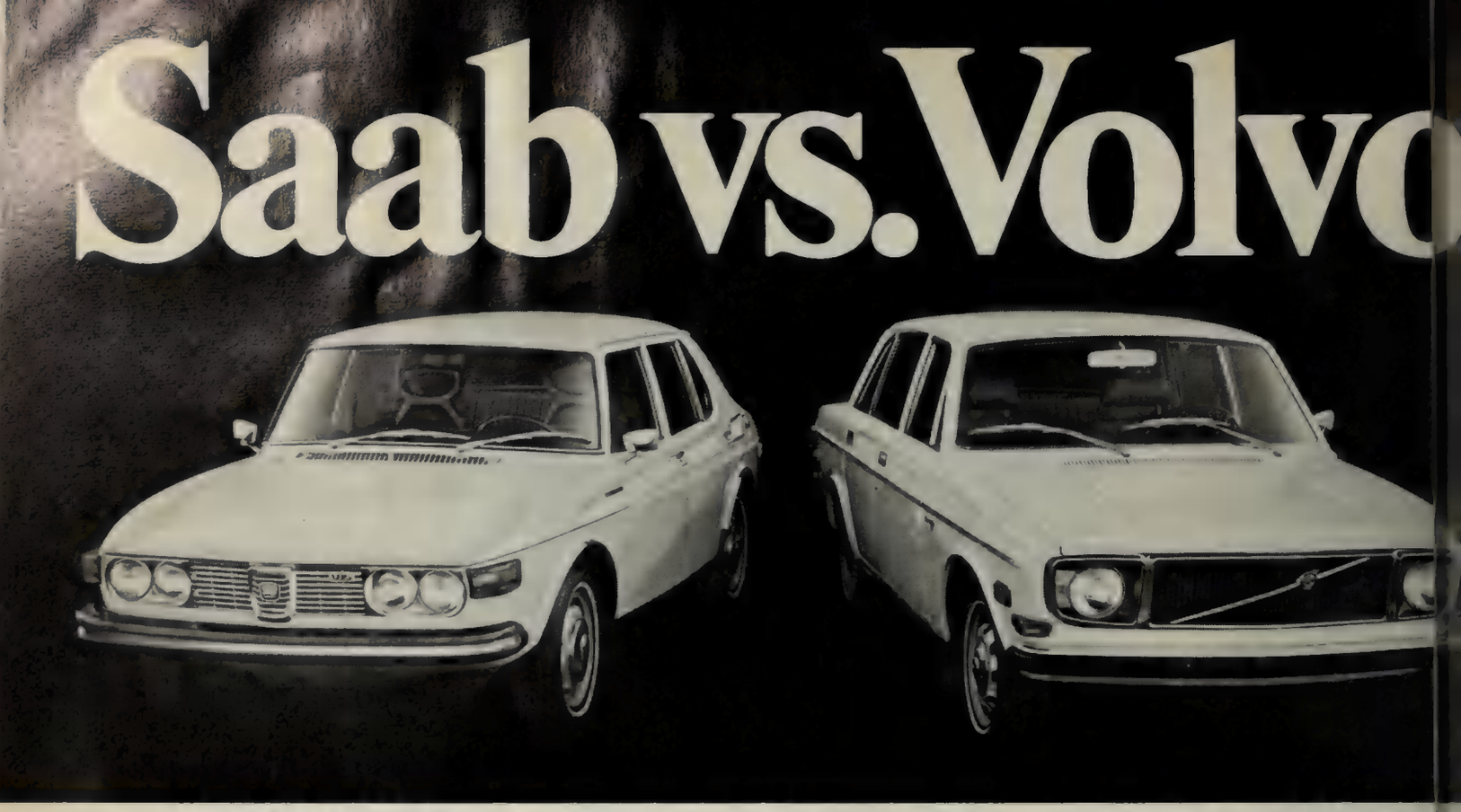
Address_____

City/State/Zip_____

The plan for a Golden Gate National Recreation Area (outlined above) includes those parts of seven federally owned forts no longer needed for military purposes: Funston, Miley, Presidio, Mason, Baker, Barry and Cronkhite. Plus parcels of state, city and private land that would connect and enlarge the fort lands to establish an open recreation area between San Mateo County and Point Reyes.

PREPARED BY RICHARDSON SEIGLE ROLFS & McCOY, INC., SAN FRANCISCO. PHOTOS: MARTIN FRIEDMAN, PACIFIC RESOURCES.

Saab vs. Volvo



1972 Saab 99E, 4-door	Model	1972 Volvo 144 E, 4-door
4 cylinders, in-line, water-cooled	Engine Design	4 cylinders, in-line, water-cooled
Yes	Overhead Cam	No
95 hp (SAE) at 5200 rpm	Maximum Engine Output	125 hp (SAE) at 6000 rpm
113.1 cubic inches	Displacement	121 cubic inches
Yes	Electronic Fuel Injection	Yes
4-speed manual/3-speed automatic OPTIONAL	Gearbox	4-speed manual/3-speed automatic OPTIONAL
Yes	Front Wheel Drive	No
0 to 60 in 12.5 seconds	Acceleration	0 to 60 – N/A
197 feet	Stopping Distance Maximum Load at 60 mph	185 feet
99 mph	Top Speed	N/A
97.4 inches	Wheelbase	103.4 inches
172 inches	Overall Length	182.7 inches
66.5 inches	Overall Width	68.1 inches
34 feet	Turning Circle Diameter	30.4 feet
3.5	Steering Wheel Turns, Lock to Lock	4
23.3 cubic feet	Trunk Space	23.6 cubic feet
2550 lbs.	Curb Weight	2677 lbs.
Yes	Electrically Heated Driver's Seat	No
Yes	Heating Controls for Rear Seat Passengers	No
Yes	Fold-down Rear Seat	No
Yes	Impact Absorbing Bumpers	No
Yes	Rack and Pinion Steering	No
Yes	Disc Brakes On All Four Wheels	Yes
Yes	Dual-Diagonal Braking System	No
Between rear wheels	Fuel Tank Location	Under trunk
1 year/unlimited mileage	Factory Warranty	1 year/unlimited mileage
$3,795	Base Price	$3855

Before you buy theirs, drive ours. Saab 99E

All information compiled from manufacturers own printed material wherein it states, all specifications subject to change without

Prices listed exclude dealer preparation, transportation, state and local taxes if any. For the name and address of the dealer nearest you, call 800-243-6000 toll free. In Connecticut, call 1-800-

DON NORMARK

Metal crutch *props up fractured limb of English laurel tree, the victim of heavy snowfall*

Thanks to a crutch, split wasn't fatal

Sometimes a large limb is so important o the appearance and health of a tree hat saving it from fatal splits and cracks ustifies heroic measures. On the tree ictured here (an English laurel) the argest limb and a portion of the trunk plit away under the weight of a wet nowfall. To give permanent support, a ree surgeon devised the crutch you see, ad it built by an ironworker, and set it n place. Sealer covered the wound.

The plate under the limb has a hole on ach side so lag screws can fix it to the ree to keep the crutch from slipping.

The laurel was thinned out considerably o lessen the possibility of wind damage luring its convalescence. Now, several ears later, the tree is in excellent health.

Though you should always ask the advice of qualified tree specialists when ou deal with major problems involving aluable trees, you can take at least one recautionary measure. Inspect trees for racks after strong winds or heavy accumulations of ice or snow.

Catching a split before it goes too far is rucial. Except for extraordinary cases ike that of the English laurel above, a rack is fatal to the branch if it makes t halfway through. There is seldom anyhing you can do but amputate flush vith the trunk and seal the wound.

Even at that, the tree may not be saved. Falling limbs can take with them long trips of trunk, leaving an opening for ife-threatening disease and pests. □

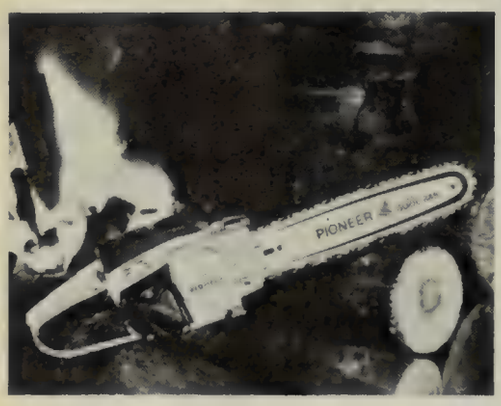
Makes mulch and compost, too.

It's not as easy to get rid of all that backyard cleanup as it used to be. You can't burn it in many places. And a lot of clippings and twigs don't make very good mulch or compost. The answer is Sears remarkable Shredder-Bagger. It chews up leaves, stringy vines, branches, ivy and prunings; almost any kind of lawn and garden debris. Reduces up to 20 bushels of them to a single compact bag of fine shreddings. It's a lot easier to dispose of. But even better, you can use the shreddings as a mulch and save. Or turn it into a soil-enriching compost for a healthier lawn and garden. Because the Shredder-Bagger shreds fine, compost is easy and quick to make.

However you use it, the Sears Shredder-Bagger is tough, easy-to-clean, light and maneuverable. It's as easy to use as your lawn mower. The Shredder-Bagger comes in a 3½ HP model and a 6 HP heavy-duty model. (Model shown is #28566/576.) There's even a special model you can attach to your Sears lawn tractor. All models will help you have a prettier lawn and garden. Prices are a breeze, too. Check them out at your nearest Sears, Roebuck and Co. store or through the catalog.

Sears

Pioneer makes buying easier



with the new 1073 attractively priced at only $139.95

Pioneer makes things easier on your budget and gives you the easiest starting chain saw. Pioneer's exclusive "Easy-Arc" starting means "Automatically Reduced Compression". You're not pulling the piston against a 'sealed cylinder'. Internal pressure is automatically released. An easy two-finger pull does it.

Other ways the Pioneer 1073 makes things easier for you:

Completely new muffler makes this saw the quietest in its class.

Easy-access controls: toggle-type on-off switch; sure-start choke; finger-tip throttle and throttle-lock.

Tillotson all-position carburetor for no-stall performance.

Automatic chain oiling (eliminates pushing a manual plunger every 5 seconds).

Exclusive Sureguard safety chain for faster, safer cutting.

Wide-spaced handles for better balance, more leverage, easier cutting.

And for more features, look at the Pioneer 2073. It incorporates extra refinements like roller nose guide bar; a semi-automatic chain tensioner; a sawdust screen; a spark-arresting muffler with baffle and screen.

You've never had it so easy. Right weight makes cutting easier. Right size [illegible] handling easier. Easier [illegible] Pioneer out-[illegible] Make it easy . . .

PIONEER
CHAIN SAWS

making things easier

Pioneer [illegible] Illinois, U.S.A. a division of [illegible] the [illegible] and [illegible] outboard motors & [illegible] Lawn Boy power mowers.

ELLS MARUGG

Clump of iris *lifted for dividing. Cut or break apart at the constrictions where rhizomes join*

Now's a good time to divide bearded iris

Bearded iris usually bloom best the second and third year after planting. If your bearded iris have been in the ground 3 years or more, you may have noticed that rhizomes have worked to the surface in masses, or that flowers and leaf fans seem smaller than normal.

When this happens, it's time to divide and replant. There's still time, but get to it immediately if you live where winters are severe. You have until mid-September in mild-winter, hot-summer areas.

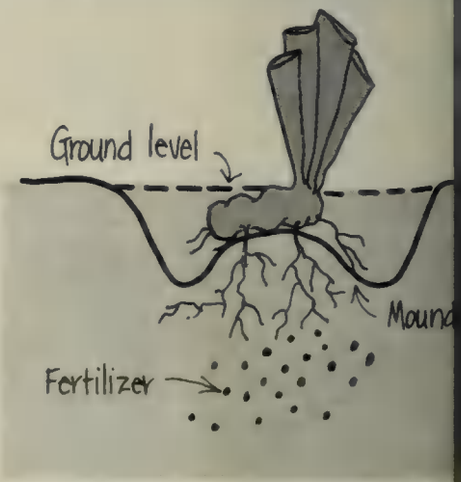
Lift iris clumps with a spading fork, shake off soil, and cut or break the rhizomes apart. Cut back leaves to about [illegible] inches for easier handling and to balance the loss of roots.

Unless you are trying to increase your stock, use only the best rhizomes from the outer edge of the clump.

In the photograph at lower left, (a) is the best division because it has a single fan of leaves, a few inches of healthy rhizome, and well developed fibrous roots near the base of the leaf fan. Divisions with old bloom stalks (b), or immature buds (c), will form good plants, but may have smaller blooms or none at all the first year. Discard rhizomes without leaves (d).

Bearded iris need sun and good drainage. Prepare the soil a spade's depth. If you replant in the same bad or poor soil, work bone meal and well rotted compost or manure deeply into the bed. Use fertilizer sparingly—too much causes few blossoms. If drainage is poor, raise the beds and add sand.

Replant *rhizomes that have fully developed leaves. Discard the old rhizome in center (d)*



Place rhizome *on mound, spread roots over it. Fill to ground level as shown*

Water the soil the day before planting so that it's moist but not soggy when you're ready to plant.

Plant the rhizomes as shown in the drawing above: in a hole with a mound in the center of it, so that fibrous roots are placed deep and well spread out and the rhizome has its upper surface at or just below ground level.

New growth comes from the end where the leaves are, so point the leafy end in the direction you want growth to take. In rows, face them all in the same direction. On slopes, face the leafy end uphill. In clumps, face them outward.

Place rhizomes 1 to 3 feet apart. Water them in after planting, then as needed until new growth appears.

It gives your lawn a meal, instead of a snack.

That's pretty important when you own a Western awn. In fact, it's crucial.

Because Western lawns grow practically all year ong. As much as 11 out of 12 months in some areas.

Compound that with the generally low nutrient :ontent of Western soil, and you've got a real problem.

A starving lawn.

So what we've done is to create a special lawn food ust for the West. It's called Super Turf Builder.

To take care of the Western lawn's bigger appetite, ve've given Super Turf Builder almost double the amount of nitrogen that's normal for other lawns.

(Nitrogen, remember, is what gives your lawn that ush, dark-green color.)

We've also given it good, healthy portions of phosphorus and potassium—for developing strong roots and overall health and vigor.

We've even included some iron to prevent yellowing. Not iron iron. But *available* iron. The kind that grass and dichondra can get at and use.

And we've done it all with our *Polyform* process.

Without getting technical, all that means is that Super Turf Builder releases its nutrients slowly.

So it lasts longer, and you get no surge growth to cause extra mowing, and no wasteful overfeeding.

All you get is a thicker, greener, sturdier lawn.

And for this part of the country that's pretty darned good.

SCOTTS®

Now in coordinated colors and patterns!

Give your laundry area a bright new look with Lady Seymour laundry equipment in smartly-matching fabrics, complemented by coordinated House & Garden frame colors! Seen here is our multi-colored Patchwork pattern, and you'll "Seymour" in your favorite housewares department!

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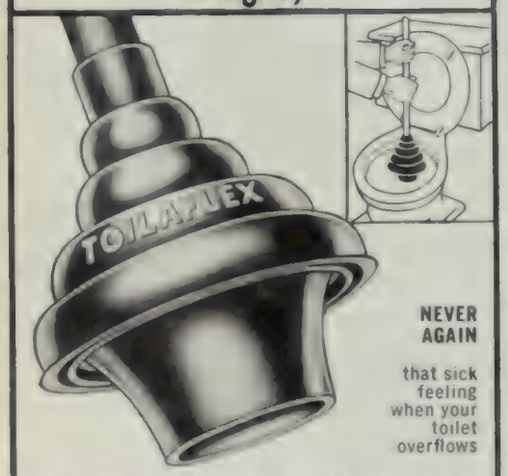

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Grows better plants, indoors or outdoors. Clean. Odorless & soluble. 10 oz.–$1.29. Makes 60 gals. 75 item catalog free. HYPONeX, COPLEY, OH. 44321

PLEASE BE CAREFUL!

Only you can prevent forest fires!

Cape bulbs... tough in their own way

Cape bulbs—the little bulbs that come from South Africa (the Cape of Good Hope)—can't stand hard freezes the way that tulips do. But they have their own kind of toughness. They withstand the West's long, dry summers and don't mind the lack of a winter chill. They endure and even multiply where tulips live only a year.

Their basic needs are few: sun or strong light, reasonably good garden soil, and —this is most important—good drainage. The last is important because many of the bulbs are accustomed to a dry season; they can endure garden watering but not constantly wet soil.

All Cape bulbs will grow west of the Cascade-Sierra divide. East of the mountains, grow them either as pot plants in a bright, sunny window or handle like gladiolus, planting in spring and digging and storing bulbs in fall.

In western Washington and Oregon plant late (in November) to discourage early top growth that might be mowed down by hard freezing. But buy bulbs as soon as they appear in nurseries; they may be sold out by November. In California, plant any time from September through December. Top growth will appear with winter rains, and flowers will appear in late winter or spring, depending on the kind of bulb.

Kinds to grow

Here are the most common kinds roughly in the order of their popularity.

Freesia. These are very easy to grow. Their fragrance and lasting quality make them choice cut flowers. Many new varieties with bright colors are available. Plant 2 inches deep.

Watsonia. Deciduous kinds (the commonest) make big clumps of foliage with long spikes of rose or white flowers. Plant 3 to 4 inches deep.

Gladiolus tristis. This is a miniature gladiolus (18 inches tall) with pale creamy yellow flowers that are fragrant at night. Plant 4 inches deep.

Ixia. Clusters of white, pink, yellow, orange, or red flowers sway on slender stems. They cut well. Plant 3 inches deep.

Sparaxis. Low clumps of leaves yield flowers in many colors, usually eyed or banded. Plant 2 inches deep.

Oxalis. There are many kinds. Grand Duchess strain has pink, lavender, or white flowers above shamrock foliage. Plant 2 inches deep.

The Poulan XXV.

Here's why it's America's hottest selling chain saw.

14-inch bar and chain. Not 12". You won't find this on another chain saw for $129.95. (You'll have a hard enough time finding another chain saw for $129.95 anyway.)

New! Automatic chain oiling. It's about the only improvement we could make! (For extreme cutting conditions, we left a manual override on.)

The best service in the industry. Thousands of dealers coast to coast with complete service.

Lightning fast cutting. Buzzes through an 8" log in 4 seconds flat.

Tillotson diaphragm-type carb with fuel finder. Translated, this means the Poulan XXV cuts in any position. Even upside down.

All magnesium housing. Not an ounce of plastic. So it looks and performs like a machine, not a toy.

Oversize pulley for easier starting.

Trigger handle on top, for easy one-hand control.

Tough enough to stay a winner.

Beaird Poulan
Shreveport, Louisiana

Watch Canadian Football League action sponsored by the Poulan XXV. Check your local TV listing for time.

Check the yellow pages for dealer nearest you or call toll free (800) 551-8989. In Louisiana the number is (800) 282-8803.

MOUSE TRAPS are the best way to kill mice. Right?

WRONG!

It's a fact, that mouse traps can cause more problems than they solve. If a trap does not accomplish a quick, clean kill, the job of "finishing off" the injured mouse is up to you. Or—if the trap happens to hit the mouse's tail or leg, he may hobble off, dragging the trap into the wall. But not with d-Con® MOUSE-PRUFE®...

MOUSE-PRUFE IS CLEANER. No disease-carrying, messy mouse traps around the house . . . no handling mice. And no disposal problems.

MOUSE-PRUFE IS EASIER. Just pull tab on the package and bait feeds automatically. Mice eat 'til they've had enough—and disappear from sight!

MOUSE-PRUFE IS SURER. Because mice always come in family groups, one trap is not enough. But one package of MOUSE-PRUFE can do the job of two, three, or more traps.

MOUSE-PRUFE contains no violent poisons, so it's safe when used as directed—even around children and pets.

It is moss pink's planting time

That jaunty low-mounding perennial *Phlox subulata*, commonly called moss pink or moss phlox, turns up in gardens in such widely differing areas as southern Arizona and the Pacific Northwest. Fall is a good season for planting it.

Moss pink grows wild in Michigan and New York and as far south as North Carolina. In the middle of the eighteenth century, plants collected in the eastern United States were introduced into England. Now moss pink is widely grown in many parts of the world as a rock garden or wall plant, or ground cover.

The plant forms tight, evergreen, 3 to 5-inch-high mats of dark green, sharp-pointed, ½-inch-long leaves on wiry stems. Reginald Farrer, who was England's most prolific and colorful writer on rock garden plants, said of moss pink: "... we have to thank it in winter for the cheery shimmer of its wide mats of green." And in praise of its five-petaled white, pink, rose, or lavender-blue flowers, he wrote: "... it makes mats of loveliness over every high rock of the garden in June."

Mr. Farrer, of course, referred to moss pink's flowering time in England. In mild-winter parts of the West, bloo peaks in March and continues into Apri In Northwest gardens, moss pink mak its grandstand play in April. For abu dance and brilliance, no display can su pass the carpets of bloom in the Ohn Gardens near Wenatchee, Washington.

Plant moss pink in full sun or (in h climates) in light filtered shade. Give light, porous, fast draining, not too ric soil. After plants are well establishe water often enough to keep the so evenly moist. Plants in containers nee more frequent watering than those in th ground. When bloom is over, cut plan back by a half to encourage new growt

Nurseries sell plants in bands or sma pots. You can start new plants from e tablished ones by covering trailing sten with ½ inch of soil mix and weightin them down with a rock or brick. Kee the soil moist. After roots have forme at joints in the stems, cut off the roote portions and plant them where you wa them to grow. You can also grow mo pink from cuttings in summer or fall.

For a massed ground cover, set plants to 10 inches apart. They'll grow togethe in about a year.

In Mexican clay pot, *a moss pink about 20 inches across blooms in April in a Tucson garden. Lavender-blue flowers sit tightly on a thick mat of dark green needlelike leaves*

DON NORMAR

There's only one time World Champion Jackie Stewart takes off his Rolex.

When he puts on his fireproof underwear.

This only happens
:n the world's premier
ı racer dons his famous
a an helmet and climbs
ı the cockpit of his
rell-Ford.

No matter, though.
re's scant time to take
eyes off the track when
tering down the
ightaways at speeds
eeding 160 mph.

The race over, Jackie
wart's Rolex is right
k on his wrist.

Our craftsmen are hon-
l that a man whose life
n hangs on split-second
ng picks Rolex for his
sonal timepiece.

Such confidence is not
placed.

Everything about a
ex brings it to the pinna-
of the watchmaker's art.

The Oyster case is
n from a solid block of gold
tainless steel.

The patented Twinlock wind-
crown screws down onto the
(similar to a submarine
h) to provide an utterly
ıre barrier against water
dirt.

The Rolex crystal is meticu-
ly diamond-cut for a micro-
ect match with its case.

ingeniously designed so
it actually seals tighter
er pressure. (Deep
erwater, for
ance.)

Into this practi-
y impregnable
goes the peerless
petual movement.

Each is made the
World way. With
le. And patience.
dedicated Swiss
chmakers, heirs to a
ition of excellence.

One at a time, the move-
ts are hand-tuned to
ptional accuracy.

A gravity-powered rotor (invented by Rolex) means that wrist movement does the winding, the wearer never needs to give it a thought.

Every single Rolex chronometer is submitted to one of the impartial Swiss Institutes for Chronometer Tests for 15 full days of rigid trials. Only on passing does it win the coveted "Chronometer" rating. (Although Rolex accounts for only a tiny fraction of all Swiss watch production, nearly half of all the chronometer certificates ever awarded have gone to Rolex.)

Even so, Rolex' own inspectors then put each one through final tests before giving it their stamp of approval.

A lot of work? Yes. But that's what makes a Rolex a Rolex.

That's why Jackie Stewart prizes his. And why sportsmen and adventurers are invariably Rolex men. And why Rolex is the official timepiece of Pan American World Airways. And why most of the world's heads of state, men who have scaled the heights, proudly pick Rolex over all others.

Rolex. A sign of a special kind of man.

You'll feel it the minute you wear a Rolex of your own.

Each Rolex earns the recognition it enjoys. You know the feeling.

ROLEX

The Rolex Oyster Day-Date: a 30-jewel, self-winding chronometer (with day available in 18 languages) in 18 kt. gold, $1400 with bracelet #8385. Also in 18 kt. white gold or platinum.

American Rolex Watch Corporation, 580 Fifth Ave., N. Y., N. Y. 10036. Write for free color brochure. Also available in Canada.

1 · *Owl on deck railing wears flowery panache of hens and chickens (Sempervivum)*

2 · *Boulder, Japanese maple make island in breaking wave of golden green Scotch moss*

3 · *Basic paving is exposed aggregate concrete. Gravel-filled trench carries off excess water*

A warm, sunny hillside site above San Francisco's Mission Dolores had a marvelous climate for gardening, but the soil was a stiff, poor clay and the slope precipitous. The house spread across the entire lot, limiting access to the rear; it was impossible to bring in trucks or machinery for grading.

The owner-designers, William Henricks and Raymond Biondi, were determined to have a garden, and in three years accomplished what you see here. The magnitude of their accomplishment can be appreciated only if you realize that they had to carry tons of material up two flights of stairs and through the house to the site—cobblestones, cement, gra[illegible] lumber, rocks, plants, even several hu[illegible]dred pounds of soil amendments to [illegible] planting beds.

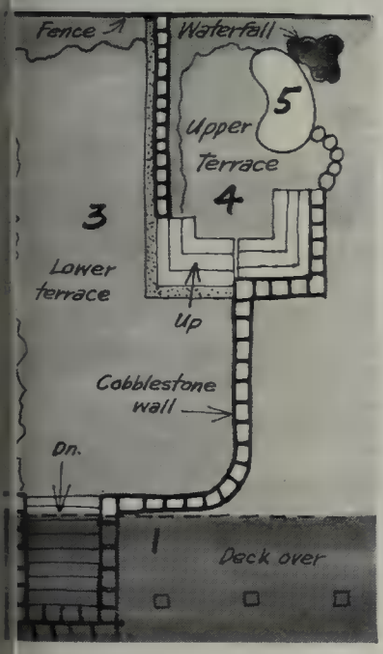
An imaginary walk through the ga[illegible] shows how worthwhile the effort [illegible] (See drawing at right to locate ga[illegible] parts, which are keyed to photograp[illegible]) Start on the deck (1), which is the [illegible] of the house. Walk down the stair[illegible] your left is a planting bed (2). From [illegible] lower terrace (3), stairs take you to [illegible] upper terrace (4), and a small pool [illegible] Oriental in its air of seclusion, this [illegible]den is thoroughly Western in its eas[illegible] maintenance.

This good-looking city garden is a victory over poor soil, steep slope

DON NORMARK

4 · *Walls and steps are cobblestones. Fence at rear has eyebrow of shingles*

5 · *Pool contains water lilies, water hyacinth; baby's tears are ground cover*



rden *is 25 feet wide*
a 33 feet deep
fm deck to rear fence

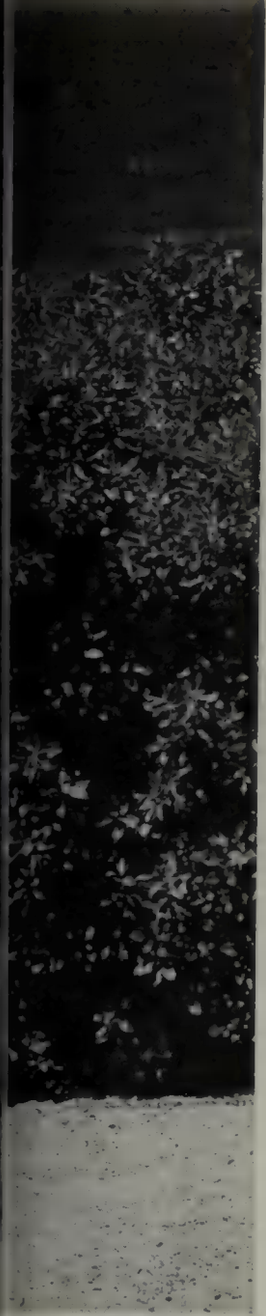
Pink flowers *of trailing ice plant (Lampranthus spectabilis) glisten on sunny spring days in beach-front garden. Wind-blown Monterey cypress in background*

Above. *Myoporum laetum, a first-rate seaside screen, windbreak, or small (to 30 feet) tree if pruned, staked. At left are its glossy dark green leaves, white blooms*

Most of the year, plants in gar along the California coastline enjo friendly climate, but at times they a beating from gale winds, salt sp and drifting sand.

The amount of sunlight that beach pl get also varies from weeks of d overcast to days of extremely bril light. And the soil is generally s and not very rich.

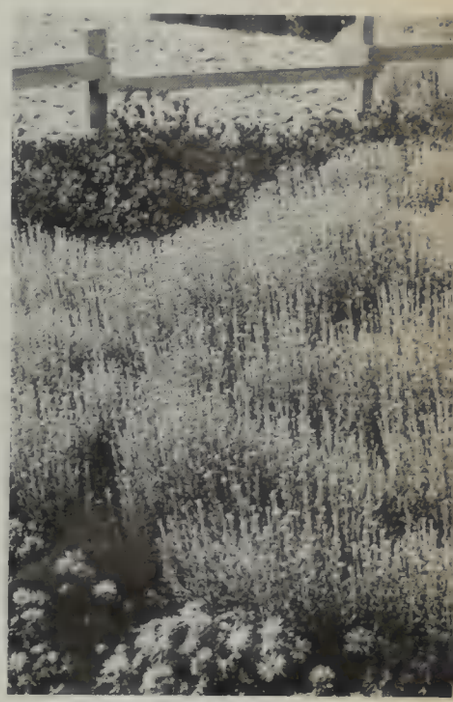
If you garden on the coast, here are plants that can take wind, spray, sand



NORMAN A. PLATE

Seacoast variety *of California poppy, native from Monterey to Santa Barbara counties, has yellow, orange-centered flowers and gray-leafed creeping stems*

Gray-leafed *santolina, ready to burst into yellow bloom in coastal streetside garden. Ice plant edging*



Rich *blue-purple spikes of Echium fastuosum top 6-foot stems in May, June. Hairy gray-green leaves*

ou're landscaping a garden by the ch, the very special environment ts your selection of plants. But, as can see in the photographs, plants like the beach also look unusually n, sparkling, well groomed — as h-washed as the coast itself.

a beach gardener's basic landscaping here is a list of some of the best s, shrubs, perennials, and succulents California beach gardens. With sev- of the sunniest months just ahead, is a good time to put in most of e plants.

es: Sydney golden wattle (*Acacia ifolia*); Monterey cypress (*Cupres- macrocarpa*); sea urchin (*Hakea lau-*); New Zealand Christmas tree *trosideros excelsa*); *Myoporum lae-* (variety 'Carsonii' best selection); terey pine (*P. radiata*); Japanese k pine (*P. thunbergii*); Torrey pine *orreyana*).

ubs: Brewer saltbush (*Atriplex lenti-formis breweri*); cushion bush (*Calocephalus brownii*); *Ceanothus griseus horizontalis* 'Hurricane Point' and 'Yankee Point'; mirror plant (*Coprosma baueri*); Purple hop bush (*Dodonaea viscosa* 'Purpurea'); Pride of Madeira (*Echium fastuosum*); wild buckwheats (*Eriogonum arborescens* and *E. giganteum*); *Griselinia littoralis; Hebe speciosa*; shore juniper (*Juniperus conferta*); Australian tea tree (*Leptospermum laevigatum*); *Myoporum laetum; Pittosporum crassifolium.*

Perennials: *Arctotheca calendula; Arctotis acaulis*; seacoast variety of California poppy, seed sold as Golden West poppy by Theodore Payne Foundation, 10459 Tuxford St., Sun Valley, Calif. 91352; sea lavender (*Limonium perezii*); *Santolina chamaecyparissus.*

Succulents: Aeoniums with platter-sized leaf rosettes, agaves, aloes, ice plants (*Carpobrotus chilensis, C. edulis, Drosanthemum, Lampranthus*), sedums. □

It's the Berries

For Fall and Winter Decoration

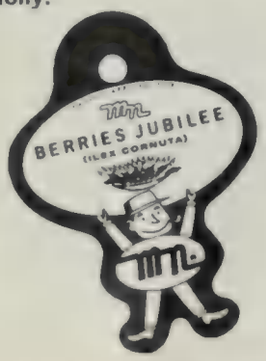
BERRIES JUBILEE HOLLY

Ilex cornuta 'Berries Jubilee'
(Pl. Pat. No. 3168)

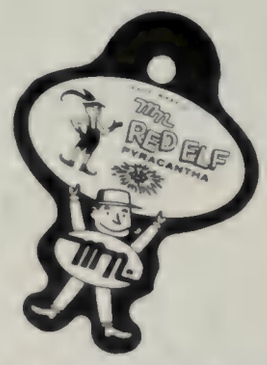
Feast your eyes on the astonishingly large, sparkling red berries of this new Holly. The fall and winter decoration of fiery brilliance is in sharp contrast to the bold, large, dark green foliage of handsome appearance on its mounding, bushy form. An excellent addition to your landscape is the dwarf growing 'Berries Jubilee' Holly. It can fill your need as a hedge, a strong accent plant, or an exciting planter box choice.

One must admire the festive touch it adds to the holiday decor indoors or out-of-doors.

Close-up shows the fantastic berrying habit and the large foliage of 'Berries Jubilee' Holly.



NOT GENUINE
WITHOUT THESE TAGS



RED ELF PYRACANTHA

Pyracantha hybrid 'Red Elf'
(Trade Marked)

A profusion of cheerful, bright red berries adds a delightful touch to this new dwarf Pyracantha. The stunning, low growing, mounding habit will have many uses in your landscape. Used effectively adding color in planter boxes, sparkling accents in containers, handsome borders, and an interesting low hedge. The background of rich green, small leaves creates a contrasting appearance for the colorful splash of berries.

Available at Leading Nurseries

Inch-wide *flowers of crown-pink are deep magenta, leaves and stems white*

For crown-pink, plan ahead

Fall is a good time to get started w *Lychnis coronaria*, the crown-pink (mullein-pink or rose campion). Se you sow now will give you plants th bloom next spring and summer. Th are short-lived, but will leave self-so offspring that will carry on in a big wa

So readily do they self-sow that th might almost be considered weeds; ne ertheless you can pull out or hoe o any surplus with ease.

Their inch-wide, roundish flowers slender, two-foot-tall stems have be called rich cerise, deep crimson, purpl red, or harsh magenta—it varies acco ing to the eye of the beholder. Whatev one's opinion of the flower's color, it effectively displayed against its o foliage, which is white with a coating silky, silvery hairs like the stems.

The whiteness of the foliage accou for two of its names: mullein-pink (m lein is another white-leafed plant) and inevitably for plants with foliage li this—dusty miller.

Grow crown-pink in full sun or in lig shade. It thrives with the casual ca you'd give hollyhocks, bearded iris, four o'clocks, and it grows well w these and similar old-fashioned plants side yards or beside pathways and roa

Finding seeds or plants is hard if y don't have a grandmother with a cou try garden. Harry E. Saier, Dimonda Michigan 48821, sells seed; his catal costs 50 cents.

Before you spend a couple of thousand on new siding, spend a couple of minutes to learn about vinyl.

.ow maintenance for your lifetime

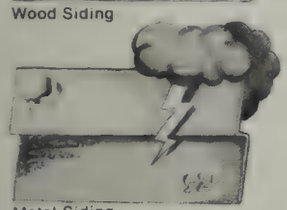
Buy siding for your lifetime. Siding you an forget about once it's on your home. iding you'll never have to paint. (Have ou had a painting estimate lately?)

'our choices in siding

You can buy a metal siding. A plywood r hardboard type with a plastic finish. A iding of norganic nineral fibre ompounds vith a surface oating.

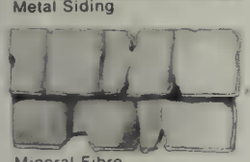
Wood Siding

Or, you can uy solid inyl.



Metal Siding

With the xception of olid vinyl, ne sidings nentioned ere require pkeep – the ne thing you *on't* want in siding. letal sidings ere among ne first introduced. But they leave much be desired. When scratched, the cratches show because the paint is only surface layer. They dent easily. Remember, any painted product will eventually equire repainting.



Mineral Fibre

/hat is Bird Solid Vinyl?

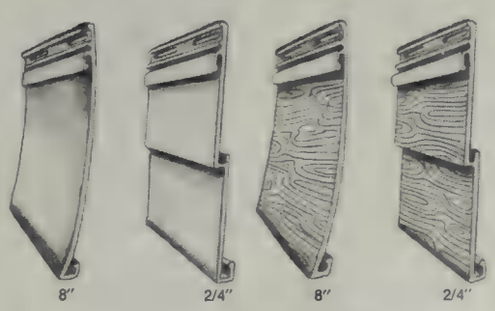
It is one of the most inert forms of polynyl chloride (PVC), one of the toughest uilding materials known to science. For most 30 years, it's been used in industy's most difficult applications – piping to arry corrosive acids, insulation on high oltage underground cable and power nes, etc. Through experimentation, Bird eveloped its own process by which PVC is extruded as solid siding. It embodies the beauty of wood. But with none of the recurring headaches.

Bird solid vinyl never needs paint. An occasional hosing down keeps it clean, fresh, beautiful. Stubborn smudges are easily removed with a mild detergent.

It can't show scratches because the color goes all the way through, from front to back. It can't dent, pit, rust or make noise like metal. Can't peel, flake, blister, rot or burn like wood. Can't attract electricity or ruin TV reception.

Choose the style you want

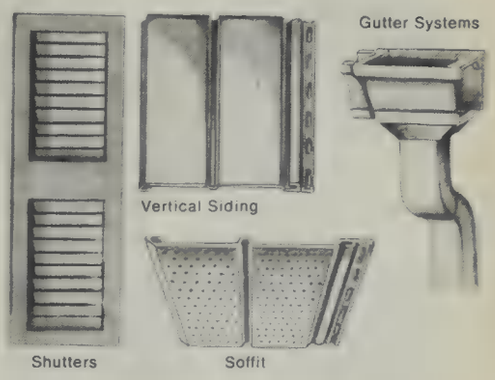
Some homeowners like smooth sidings. Others like grained types. Bird has both. Bird vinyl clapboard comes in an 8" width, in Double 4" for those who prefer the natural colonial look. They come in white, gray, green and yellow.



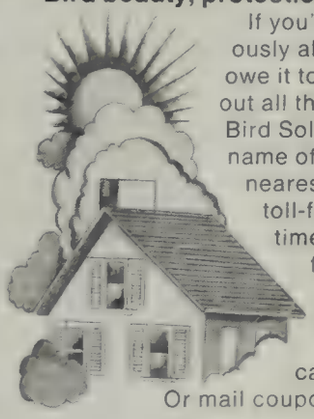
Bird vertical siding in V-groove style is highly popular for accent areas around doorways, for gables and special decorative effects.

Bird matching accessories

Bird also makes all necessary accessories – Bird Vinyl shutters in many sizes and wide range of custom colors; gutters and downspouts; soffit and fascia board systems. With color-coordinated accessories, your home will have a harmoniously-finished look.



Bird beauty, protection, value



If you're thinking seriously about re-siding, you owe it to yourself to check out all the advantages of Bird Solid Vinyl. For the name of the Bird dealer nearest you, call this toll-free number, anytime, day or night, from anywhere in the U.S. 800-243-6000. (In Connecticut call 1-800-882-6500.) Or mail coupon for information.

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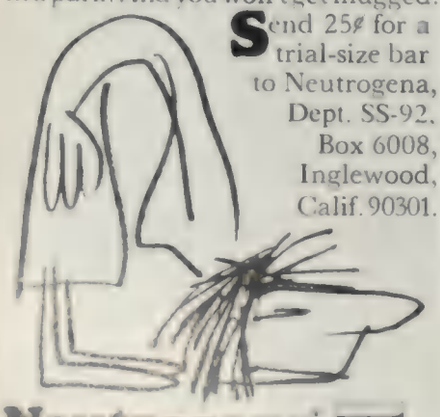
When your face feels as tired as your feet, is it all in your head?

It could be the soap you're using that leaves your face feeling taut, tight, and tired. Then try Neutrogena. It's a clear, amber bar designed to help you overcome the niceties of over-civilization like smog, soot, and air-conditioning. It's made with only the most neutral, natural ingredients. Washing with it is the next best thing to running barefoot in a park. And you won't get mugged.

Send 25¢ for a trial-size bar to Neutrogena, Dept. SS-92, Box 6008, Inglewood, Calif. 90301.



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High-Gloss Polish

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Here are Septembe garden events

San Rafael. September 13. Guest-da program on traditional Ikebana an mass flower arrangements sponsored b the Peacock Gap Garden Club. Plac Peacock Gap Country Club. Time: 1 A.M. Donation: $1.

Oakland. September 14. Registration fo a beginners' class in Sogetsu Ikeban flower arranging sponsored by the Oak land Parks and Recreation Departmen Place: Lakeside Park Garden Cente 666 Bellevue Ave. Registration and cla hours: 9:30 A.M. to 1 P.M. The fee fo the 10-week series of Thursday class is $10, payable at registration. For de tails, telephone (415) 273-3062.

Carmel. September 16. Home and ga den tour sponsored by the Women Architectural League, Monterey Ba chapter. Eight houses and gardens o the Peninsula will be shown. Hours: 1 A.M. to 5 P.M. For tickets ($3.50 eacl write the League, c/o Mrs. Walt Burde, 24685 Camino del Monte, Ca mel 93921.

Petaluma. September 17. Fuchsia sho and plant sale by the Petaluma branc of the American Fuchsia Society. Plac Recreation Building, Kenilworth Par Washington and D streets. Hours: 1 A.M. to 4 P.M. Free.

San Francisco. September 19 and 2 First month of the Tuesday lectu course sponsored by the Strybing A boretum Society. September 19: how grow plants indoors by Clarence Sha director of the Conservatory; Septemb 26: orchid culture for the small gard by Mrs. D. Stephen Coney, presider Strybing Arboretum Society. Place: Ha of Flowers, Golden Gate Park, Nin Ave. and Lincoln Way. Hours: 10 A.M to noon. Admission: $3 for Strybing A boretum Society members, $4 for no members.

Napa. September 24. American Fuchs Society festival. Place: Exhibit Buildin Town and Country fairgrounds. Hour 11 A.M. to 5 P.M. Free.

Oakland. September 24. Flower arran ing show in the Ohara school of Ik bana. Place: Lakeside Park Gard Center. Hours: 9 A.M. to 5 P.M. Free

Oakland. September 30 and October Oakland-East Bay Garden Center flo er show and Northern California Chry anthemum Society show. Place: Lak side Park Garden Center. Hours: 1 A.M. to 5 P.M. both days. Free.

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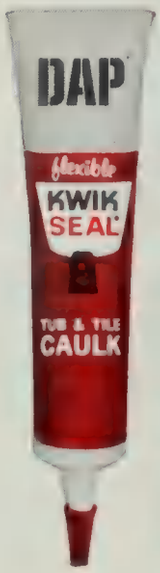

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Graceful *but durab pot sling is ma from cotton seine twi*

Macramé slings . . . just right for some hanging plants

The easiest and least expensive way to hang pots has always been with wire. But if you are willing to sacrifice some of that practicality for esthetic advantages, macramé slings can enhance the beauty of free-flowing plants.

Those plants with leaves and fronds that trail delicately go especially well with these handcrafted hangers. For a location in the sun, you might consider such plants as lantana, ivy geranium, or Crete dittany; and in shady areas, plectranthus, tuberous begonia, or lobelia.

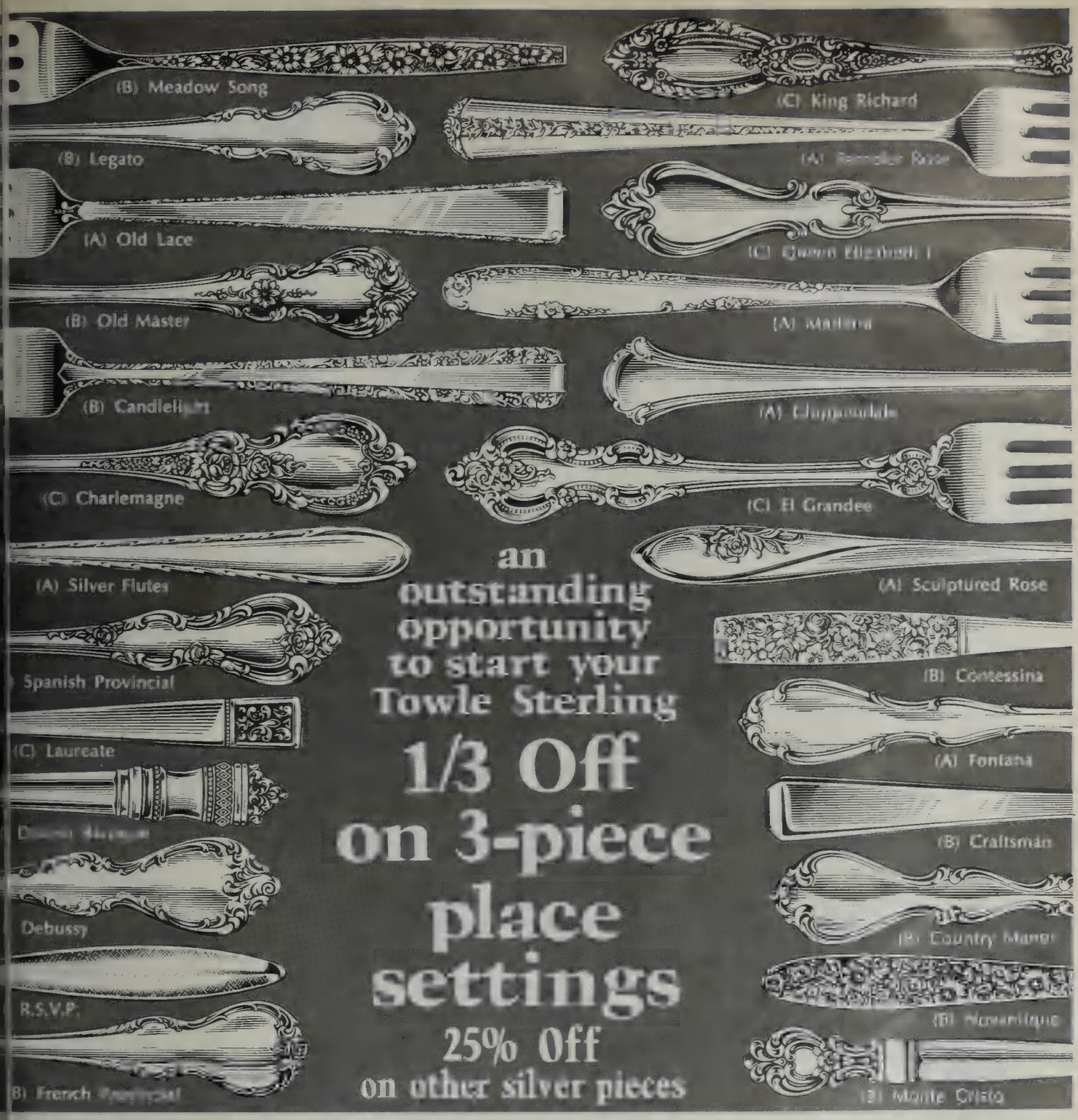
You can buy pots and slings with or without plants at many craft shops and art festivals. Prices range from $5 to $35 depending on size, quality of materials, and the artist's evaluation of his work. Be sure that the pot has a drainage hole in the bottom to keep plant roots from drowning. Or grow the plant in an inner drained pot and check the outer decorative pot frequently to see that water isn't accumulating in the bottom.

If you have good ideas of your own and flexible hands for knot-tying, you can design your own macramé slings.

Cotton seine twine is a good, durab material. Jute is popular and colorfu though not especially durable in stron sunlight. Waxed linen and leather stra ping, higher priced and more difficult locate, are especially strong materia Nylon, rayon, and other synthetics a also well suited to pot slings, but aren as easy to work with as cotton. You c find macramé materials at dime, grocer hardware, and marine supply store leather and craft suppliers, and corda companies.

There are numerous pamphlets ar books on the subject of macramé to he you get started. *Macramé* (Lane Book Menlo Park, Calif., 1971; $1.95) h instructions for macramé candle slin which are easily adapted to pot slings.

It's important to protect macramé slin from harsh weather; constant direct su light and soaking rains will eventual rot the cords. You might provide insu ance by concealing slender reinforcin wires in or behind cords.



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The mintlike lion's tail and the Spuria iris

S. P. DU

Violet-blue *and yellow Spu iris is award-winning 'Por Call.' It is 5 inches w*

DARROW M. WATT

Whorl *after whorl of 2-inch velvety orange flowers appear in succession along the tall stems of lion's tail. Medium green leaves are 4 inches long*

September's collector's plants are two big perennials that can be used to brighten borders or shrub beds.

Lion's tail . . . or lion's ear?

The Latin name *Leonotis leonurus* means lion's ear lion's tail; most people who know it call it lion's tail. The plant is a big perennial of the mint family, with the typical mint square stems; opposite, paired leaves; and tubular flowers in whorls around the stems.

In lion's tail the flowers are 2 inches long and bright orange. The plants, which range from 3 to nearly 6 feet in height, with an equal spread, can be striking to look at. Flowers are remarkable up close, too, being covered with a dense growth of short fur. Flowering begins in summer and continues into fall if old blossoms are kept cut.

If old blossoming stems aren't cut off, whorls of brown seed capsules will hang on the dead stems all winter. You can cut stems of these for use in dried arrangements. Fresh flowers will last, too, if bases of stems are crushed or singed before being placed in water.

Plants grow best in full sun and in well drained soil. Once established they will get by with little water but are happy with ordinary garden care.

Cut off dead stems in winter to keep plants well groomed, and pinch new growth to force side branching.

Plants are obtainable from Carman's Nursery, 16201 E. Mozart Ave., Los Gatos, Calif.

The large-bloomed Spuria iris

The Spuria iris is a collector's plant in two senses of the word. It is unusual and worthy enough to warrant some special search, and it comes in enough variations to make it of lasting interest to the hobbyist.

Spuria iris offers large, attractive flowers for garden decoration and for cutti Plants are tall (4 to 6 feet), with imp ing clumps of sword-shaped leaves. Th grow and bloom freely anywhere in West. And, unlike bearded iris, th need only infrequent division.

Today's new hybrids have substan (to 5 or 5½-inch) flowers that resem big Dutch or Spanish iris. Colors inclu white, yellow, buff, bronze, near-r lavender, blue, and purple.

Spurias dislike frequent division a moving. Divisions are sold only in Se tember and October, and new pla may not bloom their first year.

Prepare soil as soon as you order r zomes so that you may plant them soon as they arrive. Rich, well drain soil and full sun are desirable; in v hot climates plants will take light sha

Cover rhizomes with 1 or 2 inches soil (1 inch if soil is heavy). Keep mo until natural rainfall takes over. Wa plants thoroughly in spring and ea summer—right through bloom seas They can get by with only occasio watering after flowering. A mulch compost or well rotted manure is usua adequate feeding.

The following Western mail-or sources for Spuria iris plants will se you a list or catalog—free, unless a pr is noted:

Cordon Bleu Farms, 418 Buena Cre Rd., San Marcos, Calif. 92069.

Laurie's Garden, 17225 McKen Hwy., Rt. 2, Springfield, Ore. 97477.

Melrose Gardens, 369 Best Rd. Sou Stockton, Calif. 95206. (25 cents.)

Pacific Coast Hybridizers, P. O. B 972, Campbell, Calif. 95008.

Schreiner's Gardens, 3625 Quinaby R N.E., Salem, Ore. 97303. (50 cents.)

Tell's Iris Garden, North 4 West, B 331, Orem, Utah 84057. (10 cents.)

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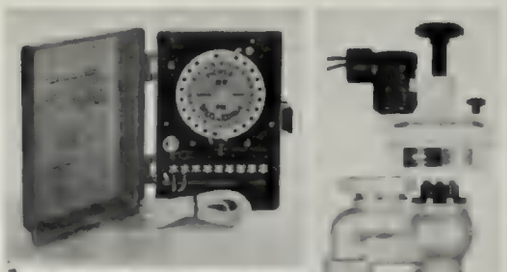

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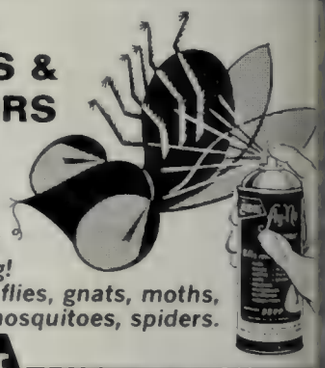

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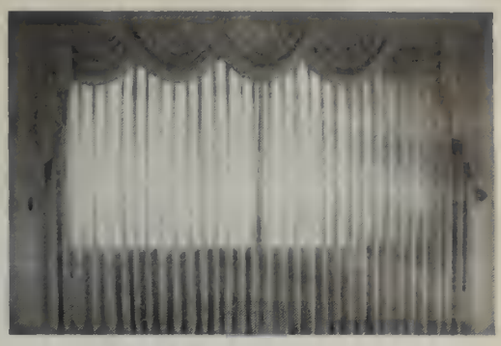

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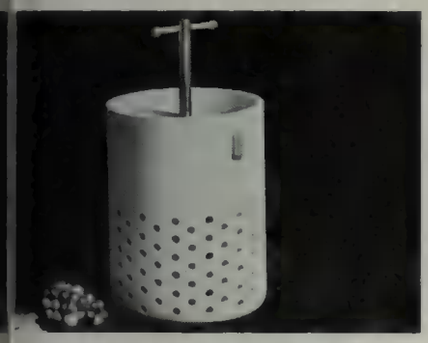

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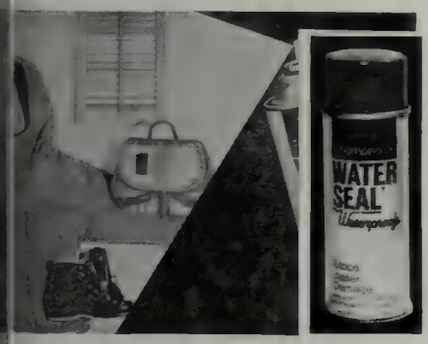

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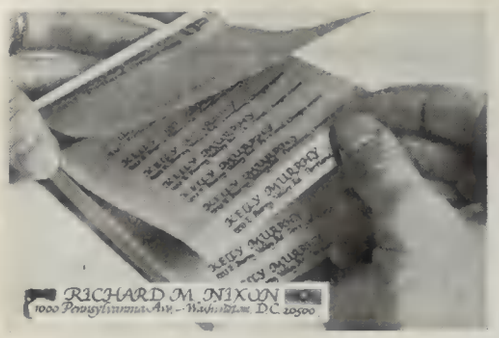

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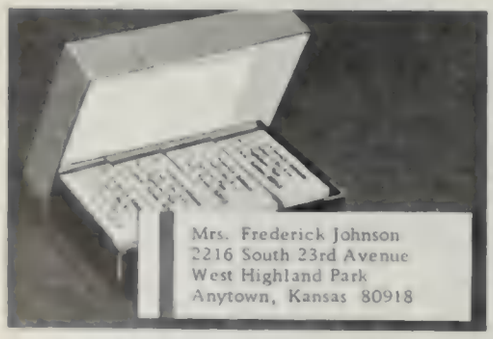

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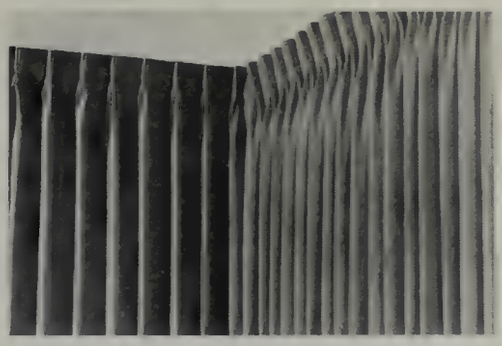

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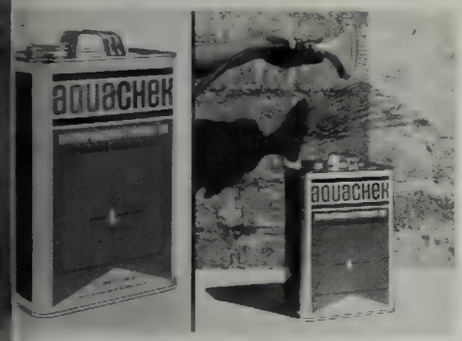

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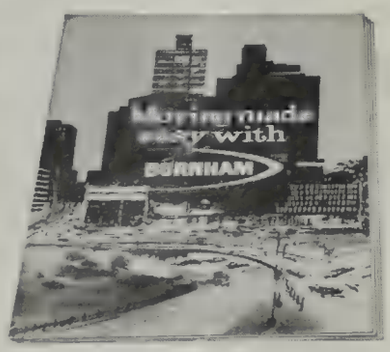

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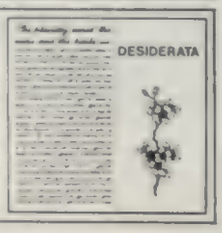

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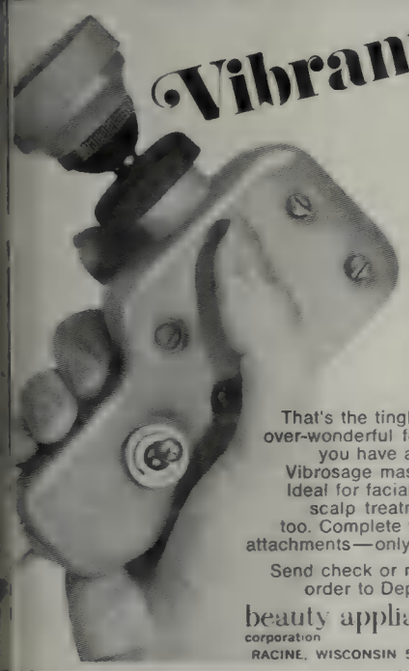

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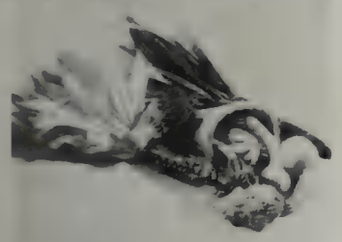

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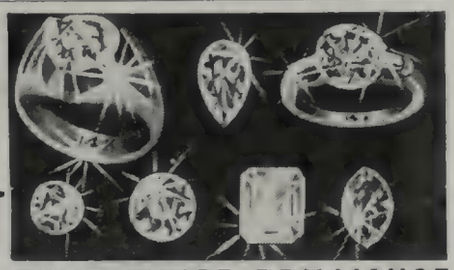

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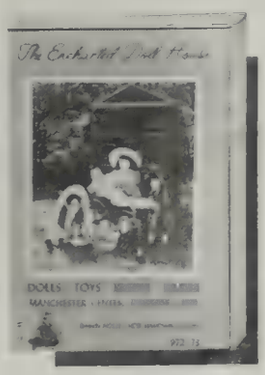

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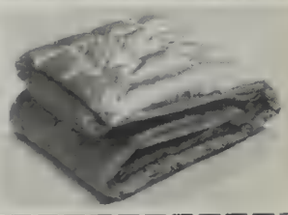

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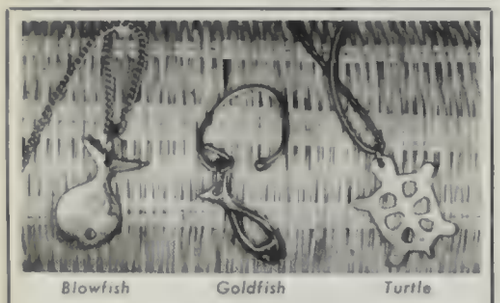

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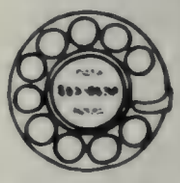

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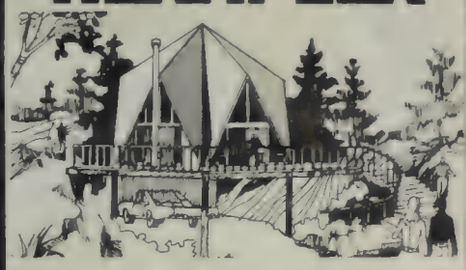

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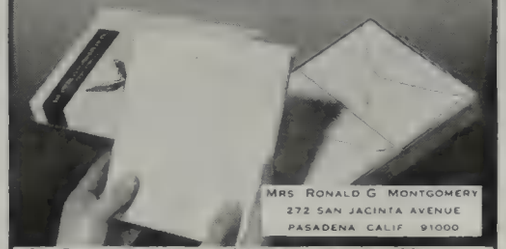

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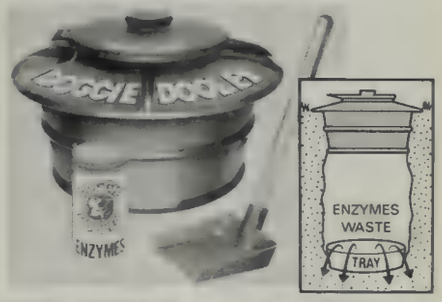

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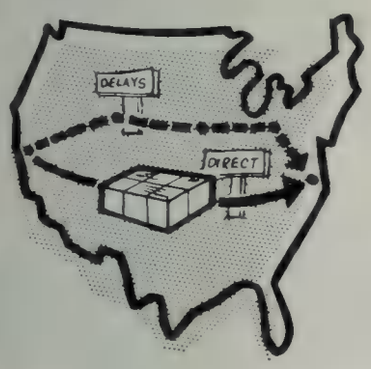

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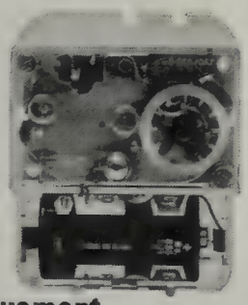

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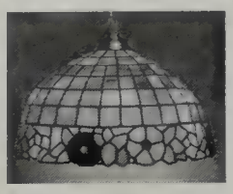

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LETTER FROM *Sunset*

The new road that will link the Californias

The long-awaited highway down the entire length of Baja California-1,200 miles of paved road from Tijuana to Cabo San Lucas—is a l closer to completion than most Westerners might realize.

At the north end, about 200 miles of highway are paved from t border down almost to San Quintín. And at the south end, nearly 6 miles are paved from the tip of the peninsula up to Santa Rosalía a graded all the way to San Ignacio. In the middle there are still abo 400 miles of the dusty, rutted, oil pan-gouging road that has ma driving most of Baja a challenge—and has pretty much limited visito to a hardy few in sturdy four-wheel-drive vehicles.

Mexican officials close to the project now predict that the last segme of the road will be paved by the end of 1973.

What will this new road mean to Baja California? We got a hint earl this year when a *Sunset* reporter drove the newly completed southe stretch of the highway from La Paz up to Santa Rosalía. At San Rosalía he watched a new ferry unload vehicle after vehicle of visito coming from Guaymas in mainland Mexico. The ferry links the n section of Baja highway with a main highway in Guaymas, only a da drive from Tucson.

If the new road-ferry route is already attracting boat loads of visito how many will the new highway—direct from Southern California bring in? Will the visitor boom open Baja to haphazard developme that would destroy the unspoiled countryside that visitors come for?

In hopes of preventing such a thing, the territory of Baja Sur, in clo cooperation with the federal government in Mexico City, has esta lished a Planning and Economic Development Commission to d with the environmental problems that may arise in the southern h of the peninsula. At an international level, the Commission of the Ca fornias—with representatives from our state of California, and fro Mexico's state of Baja Norte and territory of Baja Sur—is concern mainly with economic development, but has an increasing concern the environmental impact of tourism. Both commissions have our ve best wishes for success.

The peninsula has a much better chance of retaining its special w beauty if more people—on both sides of the border—understand t challenges Baja now faces.

Sunset's continuing coverage of Baja California will keep you inform of changes that may affect the traveler.

WINDOW ON THE WEST: *Baja ferry*

Early on a Saturday evening, villagers in Santa Rosalía, Baja California, go down to meet the *Presidente Diaz Ordaz.* Twice a week, the new ferry makes a 6-hour cruise across the Gulf of California from Guaymas on the mainland of Mexico. It can carry up to 500 passengers, 120 cars. □

October 1972

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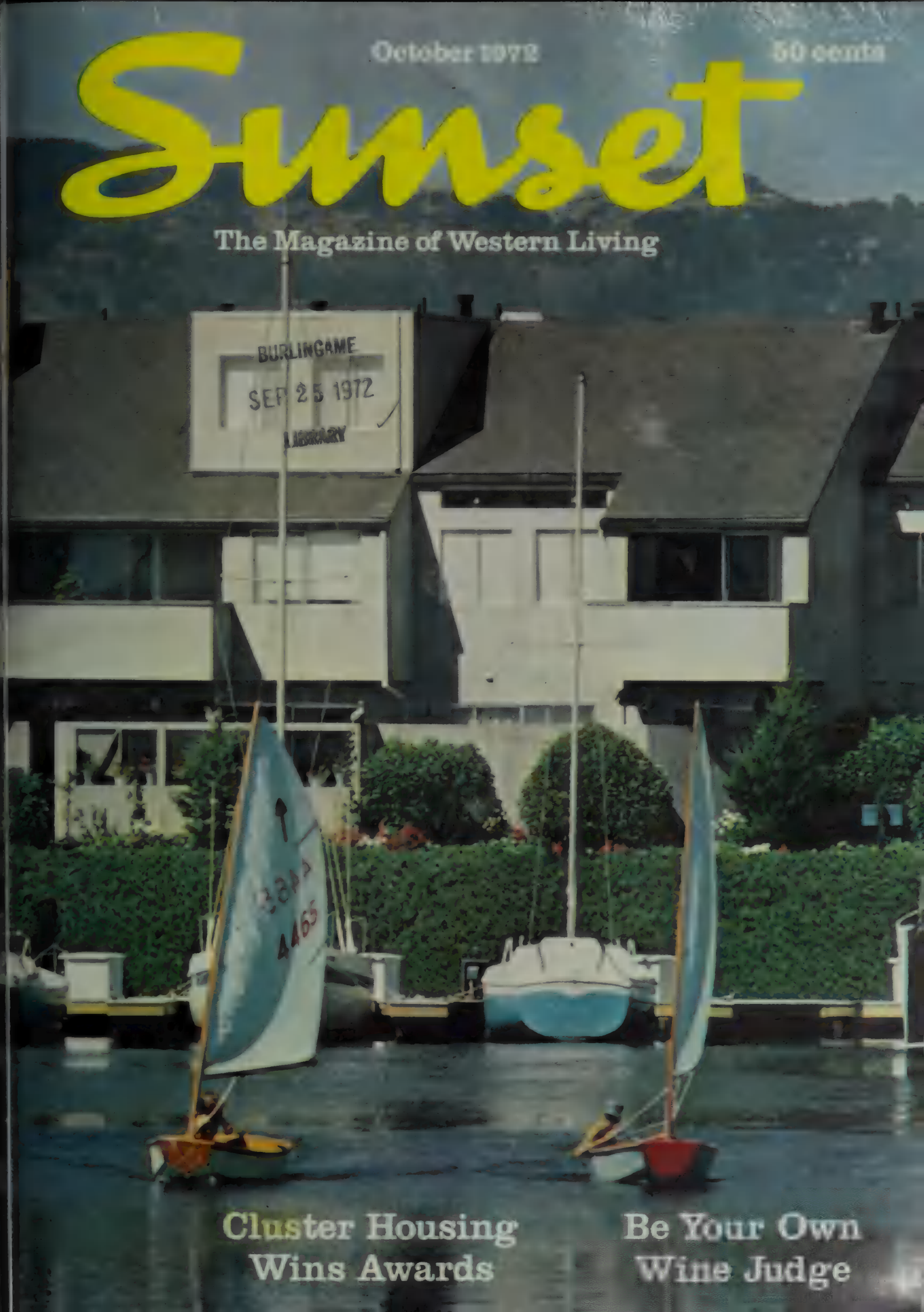
Sunset

The Magazine of Western Living



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Cluster Housing Wins Awards

Be Your Own Wine Judge

How to create a new indoor world with flo

If your decorating quest is "Where Do I Start?" Armstrong has the answ

"Start with something you love, and you'll end up with a you'll adore," says Armstrong Interior Designer Louisa C

And on the next three pages, three Armstrong designers sh how three separate starting points inspired three fabulous

ings, carpets, and furniture—all from Armstrong.

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A contemporary Lucite wall sculpture started Armstrong Designer Suzy Taylor on a swinging design theme to unify this open-plan interior.

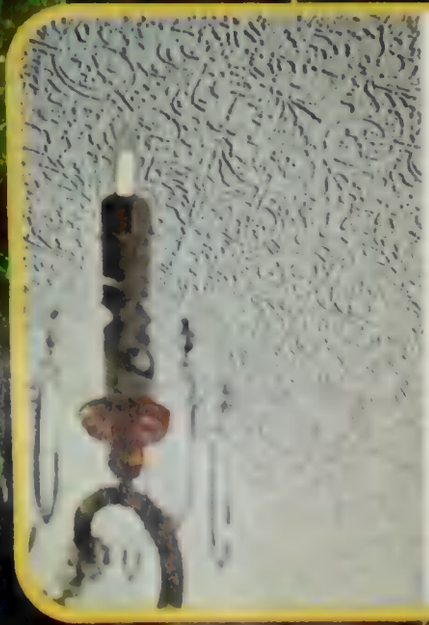
You could call it a prismatic room. Everything reflects everything else. Suzy's sculpture—concentric broken circles, cut from tinted Lucite—is repeated everywhere in form and color. In the wallpaper. In the super graphics on the kitchen cabinets. Even the floor has a circle-in-a-square motif.

The floor is a great choice for another reason, too. It's Armstrong Solarian™. A totally new kind of floor that *shines without waxing*. In fact, because of its unique Mirabond™ wear surface, most waxes won't stick to it. Neither will most spills and dirt. Will the shine last? We've been keeping [illegible] watch on many Solarian floors in busy [illegible] like yours. After more than two years, with only occasional damp-mopping *and no waxing*, they're all still bright and shining.

More circles: notice how Suzy has cut the Armstrong Sublime carpet in a curve to define the kitchen area. Even the furniture echoes the feeling—from the curvy blue chaise to the white kitchen chairs with their circular chrome frames to the white rounded marshmallow sofa. All the furniture is from Founders, which, by the way, is now part of Armstrong.

MORE of Armstrong's indoor world is just a page away.

How to create a new indoor world with floor



A glittering heirloom chandelier inspired this elegant creation by Armstrong Designer Louisa Cowan.

Starting with a beautiful 18th century French chandelier, Louisa Cowan created a classic French drawing room with a vibrant, up-to-the-minute color scheme. She repeats her chandelier theme with the sparkle of crystal throughout the entire room. Notice how it adds a feeling of unity and completeness.

You may be surprised to learn that there is an Armstrong acoustical ceiling in this room. It's a brand-new kind, created especially for your most elegant rooms. The one Louisa selected is our French Provincial design "Provinciale", and there are others just as lovely for Early American, Mediterranean, or Con rary rooms. We named them, approp Chandelier® Ceilings.

The carpet—a luscious shag called —is from Armstrong, too. So is the ha furniture. The love seat and chair done smashing fabric, and the round commo from our Thomasville furniture line. All t pieces are from our brand-new imported tion called "From the Four Corners walls? Another Armstrong import: our cork wallcovering. It's handmade in Spa tissue-thin sheets of natural cork.

ngs, carpets, and furniture—all from Armstrong.

From the timeless beauty of an antique Chinese screen, Armstrong Designer Cathy Erb drew a modern Oriental theme and color scheme.

Cathy started with the subtle shades of blue, green, and gold that appear in the screen—a look that is 6,000 years old. She carried the gold, still muted, to the walls and then, for a bit of dazzle, boosted its intensity on the chair seats. To achieve a really striking climax, she repeated the same three colors, now at their full intensity, in an exotic new Armstrong carpet called Prodigy™.

The furniture is from Thomasville's Oriental contemporary collection, San Sei. The dramatically dark brown Shinto finish is reminiscent of ebony, and Cathy echoed it in the unusual brown lacquer chandelier.

Want some more ideas for creating "rooms you'll adore"? We have a panorama of indoor world literature for you. Write Armstrong, 7210 Ruth St., Lancaster, Pa. 17604.

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The Cover Story

This month's cover looks like a resort scene. In part it is. It's also a condominium development given a citation by the 1971 AIA-Sunset Magazine Western Home Awards jury. Photograph by Glenn Christiansen

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The TFM-C720 even has a separate pillow speaker for sound quality you just can't get through an earphone.

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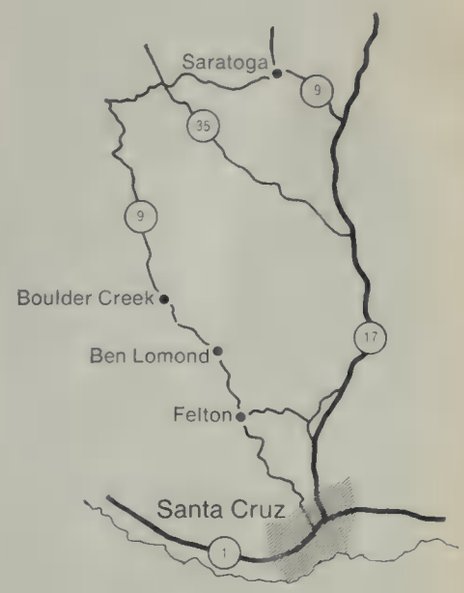

Girls *on ponies trot slowly along highway past craft shop*

Potter *explains his glazing technique to customer*

Bicyclist, *pedestrians pass small shop at edge of forest in Boulder Creek*

I the Santa Cruz Mountains . . . art a l antiques under the redwoods

N ny antique and junk collectors argue t t rural areas offer the best prospects f good buys. Evidence: The San Lo- r zo River valley in northern Califor- n s Santa Cruz Mountains. It's also p isant for drives and picnicking.

T re are more than 25 antique and art s ps beneath the redwoods along the 7 ile stretch of State Highway 9 be- t en Felton and Boulder Creek.

Y can picnic by the river in small c parks at Ben Lomond and Boulder C ek, and in Henry Cowell Redwoods S e Park ($1 a car) just south of F on.

Valley antique dealers display some valuable collector's items, though more often merchandise is of the attic variety. Artists work right in their shops, turning out pottery, handcrafted musical instruments, and woodcarvings.

The first shop is at the intersection of Highway 9 and San Lorenzo Avenue half a mile south of Felton. A large pottery studio is on Deer Run Road, which joins San Lorenzo Avenue a quarter mile off the highway. The other shops are right on State 9. All are open Thursdays through Sundays.

A bigger museum

Few museums have room for the huge

Plastic sack *holds just-purchased koi, a new family fish-pet*

Art director's wife shops for koi

Koi, the colorful Japanese carp, so interested one of *Sunset's* art directors that he and his wife decided to buy one for their 9-year-old daughter. They bought a 6-inch koi in a fish shop and took it home in a polyethylene bag filled with a few inches of water and some oxygen. Koi arrive by plane from Hawaii and Japan in similar containers.

Young Sharon Flanagan's new pet will grow. In seven years she can expect to have a fish that's 2 feet long. And with luck and care it'll be around a long time; koi can live 30 to 40 years. You determine the age of a koi by counting the rings on its scales (much like counting annual rings on trees). A breeder in Japan has a koi he says is more than 200 years old.

To learn more about these unusual garden pond fish, turn to page 90. □

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paintings being produced these days, some of the best contemporary art. That's one reason the famed San Francisco Museum of Art decided to tear out a few walls and double its space. The job is scheduled to be completed and the museum ready for a grand reopening celebration—you can attend free—on Saturday, October 14.

Three new galleries were built, the largest measuring nearly 150 feet long. Seven shows featuring artists from the West will be on exhibit, including massive abstract landscapes by California Richard Diebenkorn. Oakland sculptor Peter Voulkos will present two works, one a monumental mix of bronze forms standing 30 feet high. Fifty years of Ansel Adams's photography will be surveyed in 75 pictures. Shows continue through January 14.

A ribbon-cutting ceremony takes place at 11:30 A.M. Free children's films, music, and refreshments will be part of the celebration. A European-style museum restaurant opens the same day. The museum is at McAllister Street and Van Ness Avenue, across from city hall.

An opera anniversary

Next door to the museum on Van Ness, another celebration is taking place this month. It's the 50th anniversary of the San Francisco Opera, and the 40th anniversary of the War Memorial Opera House. Not many tickets remain for the performances, but by joining the Opera Guild you can attend some of the special events.

Members are invited to watch a dress rehearsal of an opera, take a tour behind stage, attend a champagne reception for the stars of the company, and participate in an opera seminar. Memberships are $15. For information, telephone (415) 863-2524.

East Bay archeology

The Ohlone Indians, who lived for almost 4,000 years near the south shore of San Francisco Bay, had such a gentle relationship with their environment that a few unobstrusive refuse mounds are today's only visible sign of their existence.

You can see the largest of the mounds in Coyote Hills Regional Park where guided tours are available on weekends. Though composed primarily of discarded oyster and snail shells, the 70-by 350-foot hump has yielded a valuable collection of ancient bone handtools, stone mortars, beads, and arrowheads. Several old graves have been discovered.

Indians lived on this spot from about 1500 B.C. to 1500 A.D. Consequently, when archeologists began digging in the late 1940's, they laid bare a visual c

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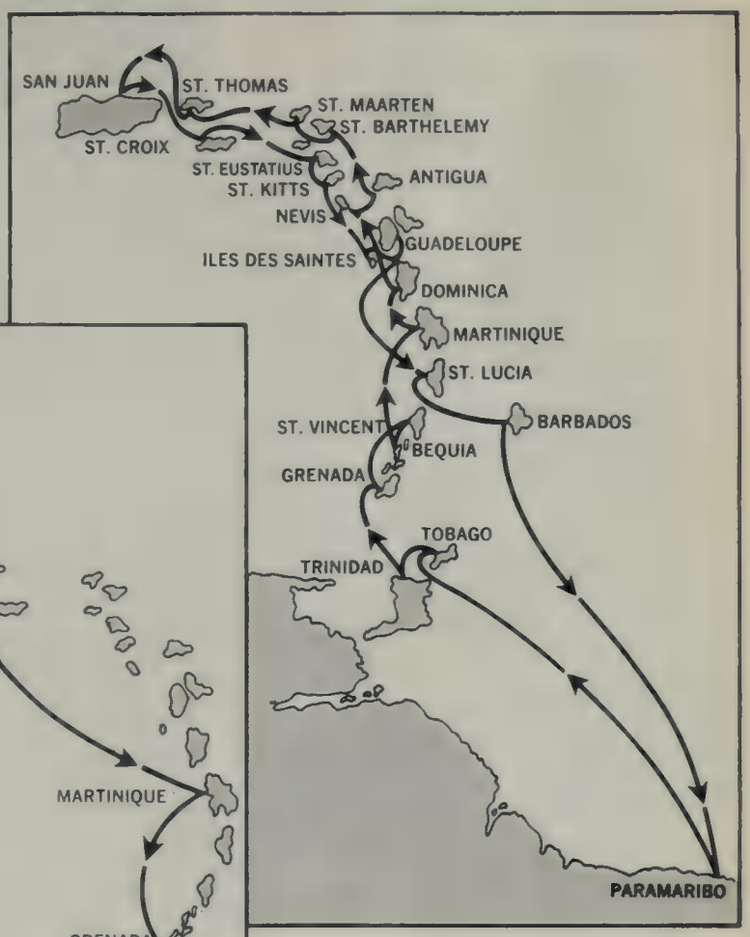

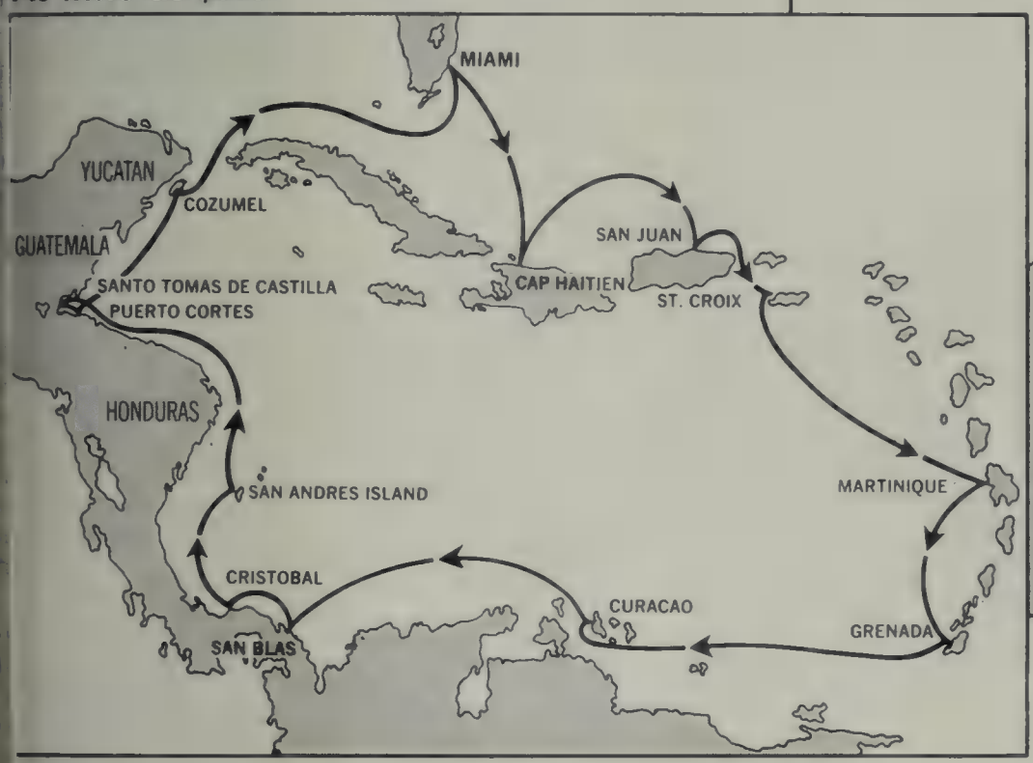

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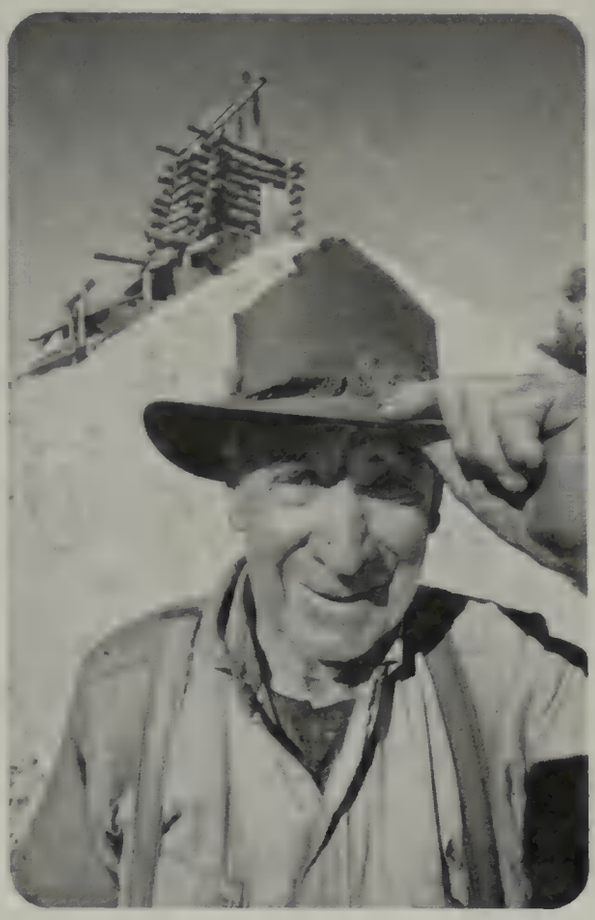
"Leave your women behind when you come to Lightning Ridge."



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"Anyone can stake a claim for $1. Try Nine Mile or Money Gully at Glengarry. If you're not lucky, Horizontal George or Vertical Bill may give you a tip. We don't get many Yanks here, so we're all happy to help. Or try noodling the lumps for a nobby. Awhile back, a schoolboy found one worth $3,000.

"Of course, you can buy opal on the fields or in Digger's Rest pub, where you'll hear stories of blokes like Jimmy the Murderer, who killed his pet monkey in a rage and never forgave himself. There're lances out back every night and wild celebrations when someone strikes.

"Lightning Ridge has two hotels – not fancy, but comfortable. Or stay at Pineopal Lodge, Ray Newton's sheep station. He'll take you to the fields in his 4-wheel drive and to Narran Lake to see hundreds of kangaroos, emus, pelicans and black swan.

"I live at The Grawin, but you can't stay here unless you've got a caravan or tent. Most of us live in tin humpies. The most outstanding thing about it is Ron Garnier's place. Ron's an ex-miner who looks wrong without a glass in his hand, and he usually looks right. Unless my memory's gone to billy-o, his hut originally belonged to the finders of the famous Light of the World opal, and it's now full of oddities.

"If you get tired of opals, try the restaurants, theatres and shops of Sydney and Melbourne. Visit convict-ghosts in Tasmania or the barefoot women on the Gold Coast. Or go to Perth, our biggest boomtown.

"Me, I've got opalitis, and there's nothing anywhere that compares with striking a run. Crikey, it's like putting your pick into a jeweller's shop. The Ridge isn't for everybody. But if you're a man or woman who loves adventure, I'll show you some".

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Naturalist shows *tour members shells and bones left by Indians in East Ba 2,000 years ago. Graph, right, indicates age of tribal refuse moun*

section of Indian history. The 13-foot-high wall of their excavation reads like a graph. Near its foot, the soil is free of shell deposits and other Indian waste. But as you glance upward it grows more littered with the evidence of humanity. Guided tours (you'll see some artifacts) begin at 3:15 P.M. Saturday and Sunday at a parking lot just outside the park gate. You can't visit the moun without a guide. To check on schedul changes, or for information on weekda group tours, call (415) 471-4967.

Coyote Hills Regional Park is in th Newark-Fremont area. Take Newar Boulevard north from State Highwa 84. Go west to the park entrance o Patterson Ranch Road.

For travel planners, an October check list

Yachting in French Polynesia. Sailing enthusiasts can join a 13-day tour to Tahiti, departing December 15 and 22, for visits to Papeete, Bora Bora, and Moorea. Five days of the tour will be spent aboard a six-passenger yacht as guests help plan their itinerary from Huahine to less frequently visited Tahitian islands. The $895 tour price includes round trip air fare, accommodations, and all shipboard meals. For reservations and further information on 1973 departures, write Islands in the Sun, 2400 West Coast Highway, Newport Beach, Calif. 92060; or contact Air New Zealand or your travel agent.

Canyon rail tour. A 16-day rail tour from San Francisco and Los Angeles departs November 3 for the southwest and Mexico, where it will travel some new portions of the Chihuahua al Pacifico Railroad. Itinerary includes Mexico's spectacular "Grand Canyon," the Barranca del Cobre; San Blas and Guaymas; and an optional trip to Arizona's Grand Canyon. Round trip rail fair ranges from $625 to $860 depending on train accommodations desired. Most meals are included. For reservations and information, write Wampler Tours, Box 45, Berkeley, Calif. 94701.

Bicycle tour of Hawaii. Bicycling travelers can join an eight-day tour of the island of Oahu starting October 30. You will cycle to Sea Life Park, Polynesian Cultural Center, and some of the island's beaches. The time spent cycling each day is geared to the difficulty of the terrain, averaging about three hours daily. Tour price of $450 includes round trip air fare from the West Coast and accommodations. For details, write Daly Travel Services, Inc., 391 Sutter, San Francisco 94108.

China atlas. China-watchers can now order the *People's Republic of China Atlas* prepared by the Central Intelligence Agency. The 82-page large-format paperback contains 17 maps, each spreading across two pages. Text includes discussion of China's geographical divisions; mineral, power, and agricultural production; transportation systems, and population distribution. The $5.25 atlas can be ordered from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

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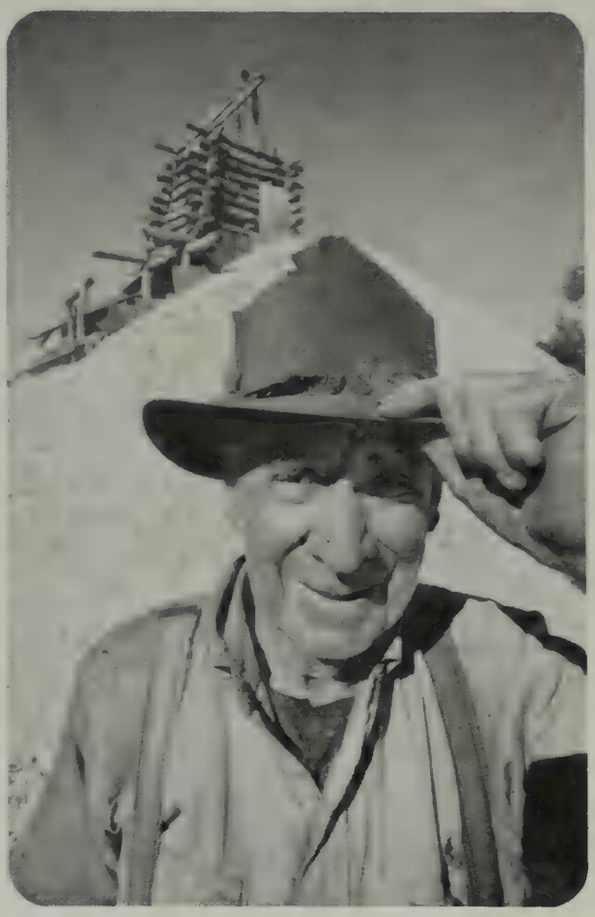

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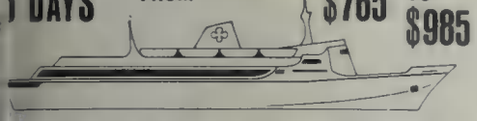

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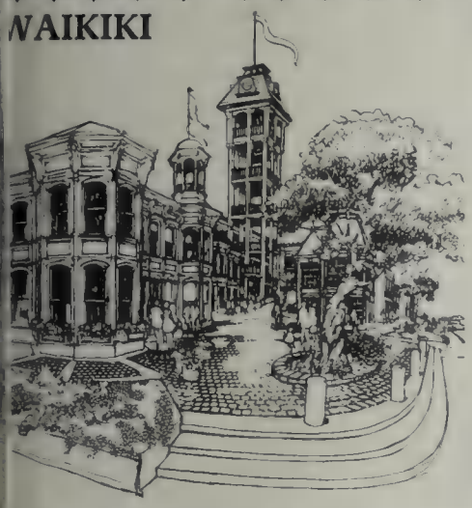

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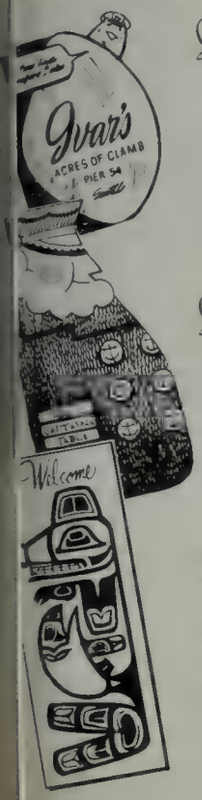

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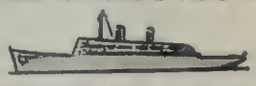

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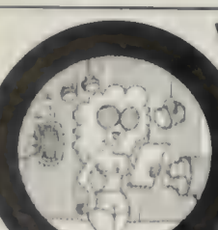

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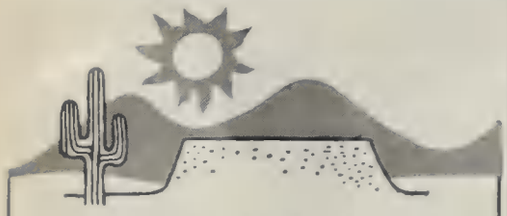

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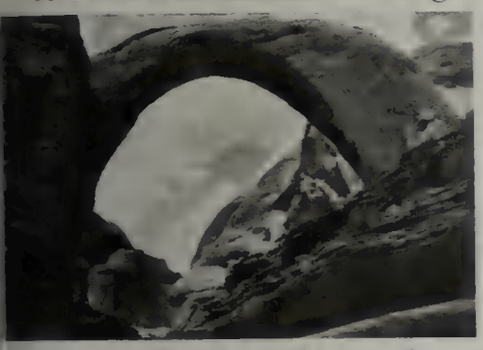

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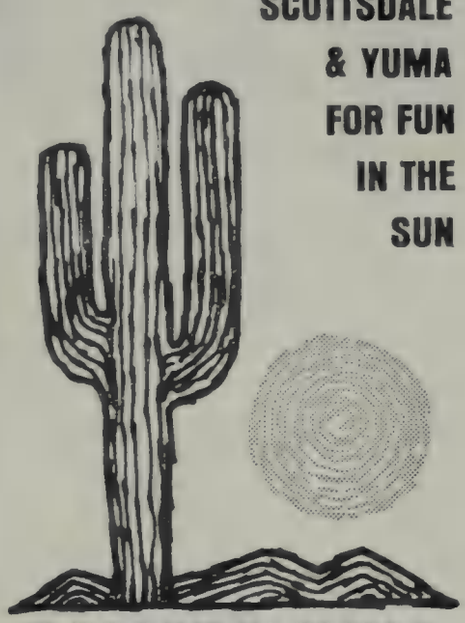

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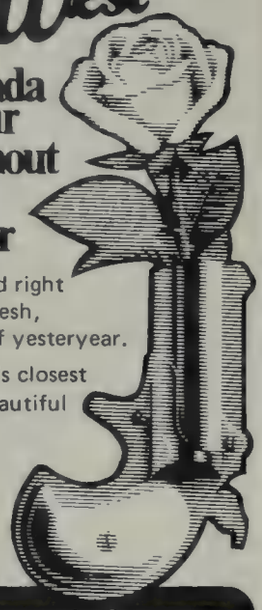

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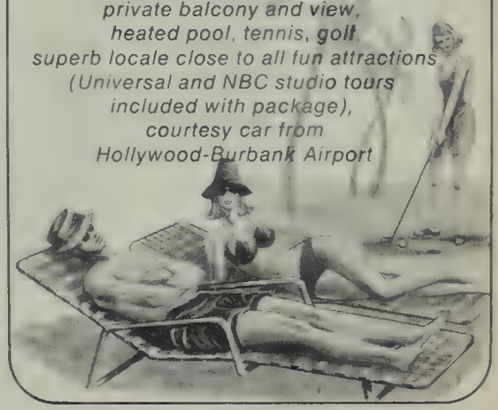

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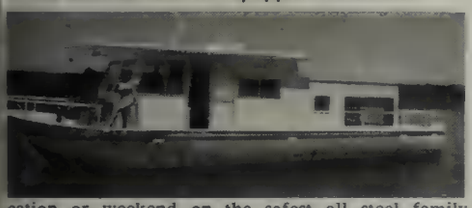

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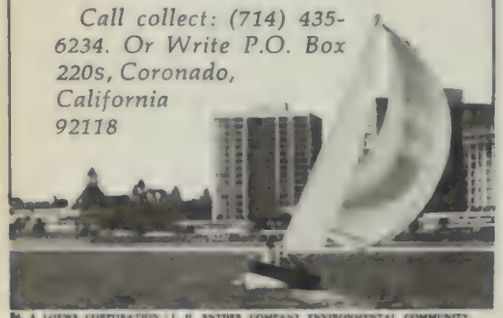

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After the Prom, *1957, one of Rockwell's paintings in San Francisco show*

Norman Rockwell in San Francisco

Sixty years of painting the everyday life of America has given Norman Rockwell a unique reputation—as if he invented apple pie, then painted it in such a homey and delightful way that it became America's national dessert as a matter of course.

His closeness to the commonplace, however, may have deprived him of his due as an artist. A retrospective showing of 200 of his works at San Francisco's de Young Museum (through November 5) is attempting to set the record straight. The show was first assembled in New York when a gallery owner discovered that one or two Rockwell paintings could attract a crowd. Now the traveling show contains a comprehensive selection of original oil paintings, drawings, lithographs, and watercolors.

Most people will recognize at least a few of the original paintings made through the years for covers of *The Saturday Evening Post*. Rockwell's first step to acclaim was the sale of a cover idea to *Post* in 1916, and he eventually painted more than 300 covers for the magazine. Most of his work depicts the small and expected scenes of life with humor and unabashed emotion. *After the Prom*, above, is an example of his ability as a visual storyteller.

A beautifully reproduced catalog will be on sale at the museum bookshop during the show for $5. The de Young Museum, open daily 10 A.M. to 5 P.M., is in Golden Gate Park. Admission to the museum is free. To the Rockwell show it's $1 for adults, 50 cents for students and senior citizens. ☐

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FRANK JENSEN

Pioneer cabin *was the birthplace in 1867 of outlaw Butch Cassidy*

Here Butch Cassid got his start

The log cabin in the photograph wa the boyhood home of George Lero Parker, who left the family cabin at th age of 16, changed his name to Butc Cassidy, and quickly earned a reputa tion as one of the West's most notor ous outlaws.

During Cassidy's 26-year career of ban holdups, train robberies, and occasion horse stealings, the law-abiding citizenr of Circleville, Utah, took little pride i being the hometown of the infamou leader of the Wild Bunch and the Hol in-the-Rock Gang, but time has a wa of shaping history into colorful legen

Today, the boyhood home of Butch Ca sidy is the chief visitor attraction Circleville.

Circleville is on U.S. Highway 89, abo 200 miles south of Salt Lake City, the way to Bryce Canyon and Zion n tional parks. The cabin sits in a gro of old cottonwood trees at the edge town, and a hand-lettered sign (painte on a slightly warped wooden barr head) announces "Butch Cassidy Hom Open." The cabin is, indeed, open: It unfurnished except for a guest registr tion book and a few typewritten not about the history of the cabin nailed the fireplace wall.

We're having a hukilau—in this example on a beach near Diamond Head, Oahu

There are no strangers in paradise.

That's one of the reasons Hawaii *is* paradise. Our six little islands aren't big enough for strangers. So we turn them into friends as quickly as we can. If they don't want to be friends, we marry them. That usually does it.

We've been carrying on like this for many centuries now. If you'd like to see how it all turns out, take a look at our beautiful children. Or come to a hukilau.

That's a sort of Polynesian fish-in where the nets are hauled up—hopefully full—by everybody around. It's pretty informal, so don't expect to be waited on. (In Hawaii, we've had to learn to pull together, if we want to eat.) Anyway, the final results are worth a little work. Savory, golden charcoal-broiled akule and papio and oama and heaven knows what all else. Cooked as quick as they're caught, then devoured steaming hot on the beach.

Of course, if you'd rather be alone, we're quick to respect that, too. You can burn a joss stick in a tiny gilded temple. Rent a horse and explore a winding mountain trail. Sit down and listen to the music of a waterfall. Nobody will bother you. Unless you want them to.

Unless you've made repeated tries and you still can't catch a curl with a miniboard. Then ask the kid down the beach. He'll take the time to show you how.

Or you've decided that *nobody* can pick up that jiggly Japanese tofu with chopsticks. The girl at the next table can, and she'll be glad to share her secret with you. She won't even laugh, unless you do.

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Hawaii

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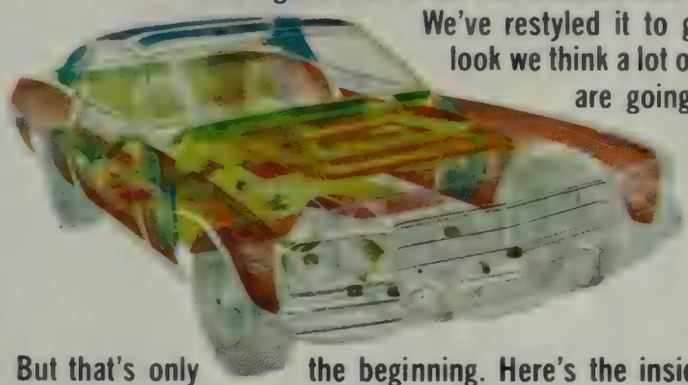

But that's only the beginning. Here's the inside story. You know all those irritating little noises your car makes when you're driving down the highway? Like wind whistle. Tire noise. Traffic sounds.

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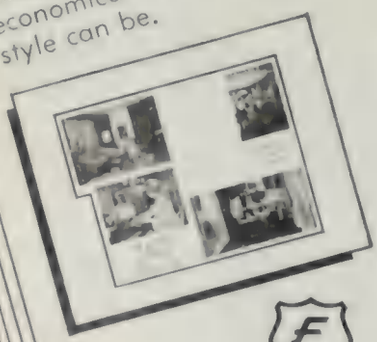
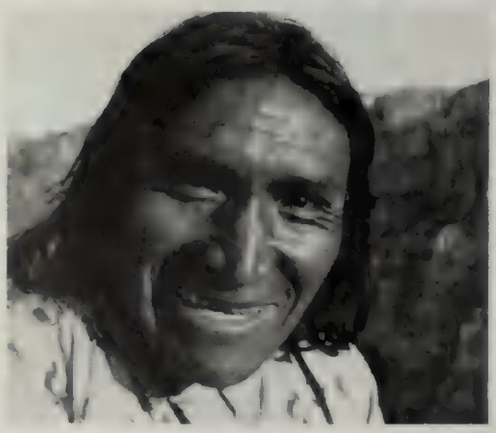


SM 102

Name _____
Address _____
City _____
State _____ Zip _____

AL ABRAMS

Five *barrancas can be seen from Divisadero Lookout. Smiling guide (below) offers barranca tours*



have a choice of many options.

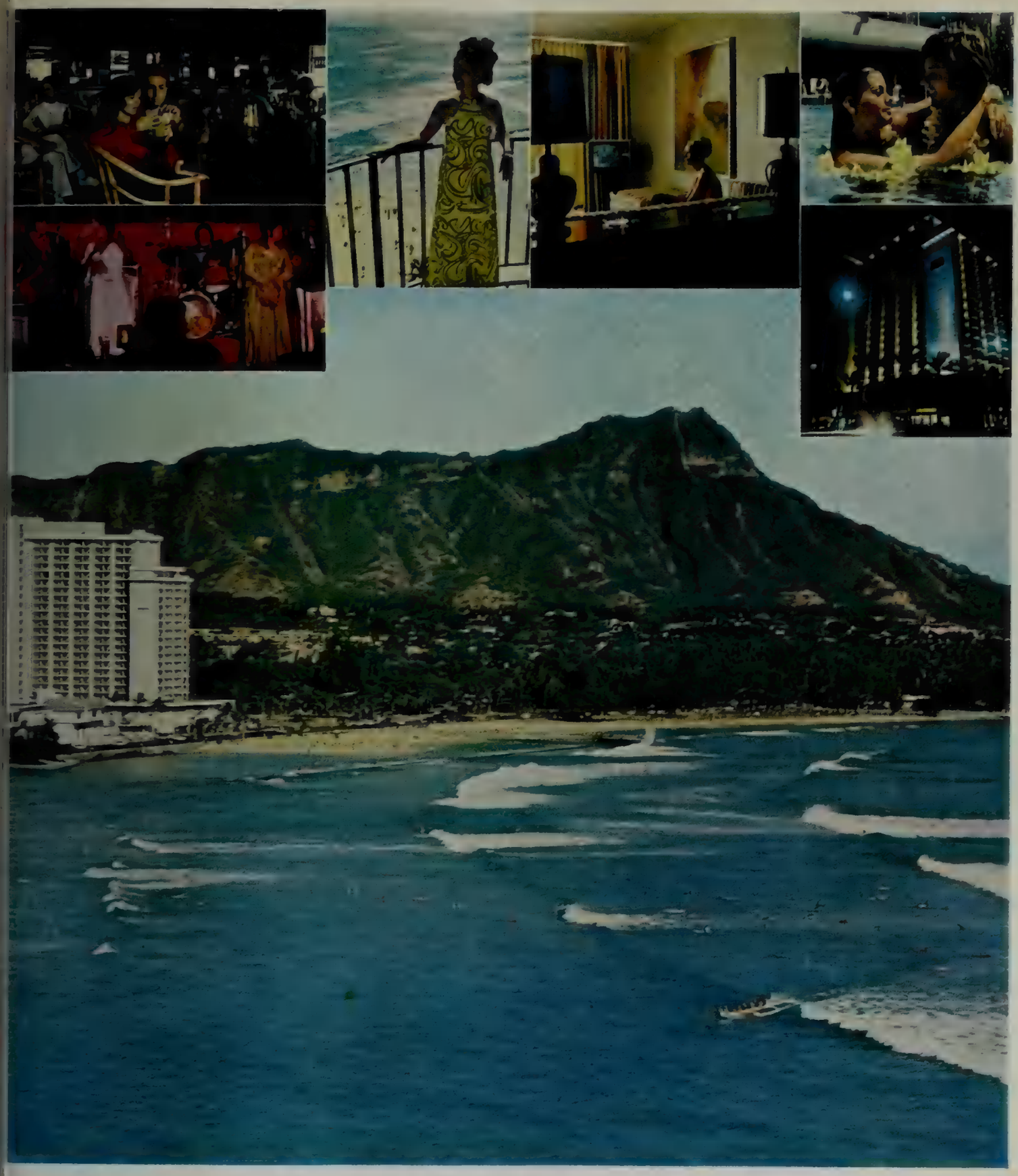
A first-class passenger train, consisting of sleepers and a dining car, leaves Ojinaga each Tuesday and Friday at 4 P.M. for the east-west run from the Rio Grande to the Pacific. It leaves from Los Mochis each Monday and Thursday at 8 A.M. for the return trip to Chihuahua and Ojinaga. Both runs of the first-class train, unfortunately, pass through the scenic *barranca* (canyon) section either at dusk or in the dimness of predawn, depriving passengers of the most breathtaking views along the entire route.

The Fiat Rail Car Service or *Autovias* of the Chihuahua-Pacific, offering reclining seats or chair coaches with buffet service available at your seat, leaves from Chihuahua each Wednesday and Saturday at 7 A.M. for the east-west run to the Pacific. In the opposite direction, rail car service leaves from Los Mochis each Tuesday, Wednesday, Friday, Saturday, and Sunday at 8 A.M., arriving back in Chihuahua at 8:40 P.M. In either direction, the *Autovias* traverses the barranca in broad daylight.

Options

Passengers taking the first-class train traveling all the way from Ojinaga to Los Mochis, can either leave their automobiles in parking lots in Presidio or at Ojinaga, or ship their cars through to Los Mochis aboard one of the Chihuahua-Pacific freight runs. One-way shipping cost from Ojinaga to Los Mochis is $66 for a full-sized car, or $33 for a compact car. Arrangements for shipping your automobile must be made through the railway freight office in Chihuahua and completed at least two days before your departure. Also, allow at least 48 hours for a freight shipment to reach Los Mochis from Ojinaga.

Many Chihuahua-Pacific passengers, both first-class train and rail car service,



Holiday Inn, Waikiki. The Inn nobody believes we have.

e just took an eye-opening survey of travelers that ld us something you knew all along: that we're better- ıown for our 1375 clean, comfortable, convenient Inns over the country than for our impressive, interna- ınal resort Inns.

A pity. But we had to know.

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It doesn't whoosh,
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Like all Kodak Carousel H slide projectors, the 860H has been especially engineered to be ever so quiet. So it won't intrude on your show. Won't interfere with your comments about your slides.

So quiet you'll barely hear it at all. Won't that be nice?

On top of that, it's our top-of-the-line projector. With more features. Like automatic focus, automatic timing, remote control, *f*/2.8 lens, and more. And all for less than $220.

Other Carousel H projectors, also quiet, also dependable, with a wide choice of features, start from less than $80.

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Kodak Carousel 860H projector.

Kodak

prefer to begin their trip in Chihuahua. You can drive down to Chihuahua from El Paso (Ciudad Juarez) in about five hours along the Central Highway (Mexico Highway 45), or take the Mexico National Railway out of Juarez any afternoon at 5 P.M., arriving in Chihuahua at 9 P.M. There's also an air terminal with daily flights of AeroMexico leaving from Juarez at 11:50 A.M. and arriving in Chihuahua at 12:30 P.M. A good selection of hotels and motels in Chihuahua can provide necessary accommodations while you await the departure of your train.

Again, you can either leave your car in Chihuahua or ship it on to Los Mochis as freight. One-way shipping cost from Chihuahua to Los Mochis is $52 for a standard-sized automobile, $26 for a compact. Shipping arrangements should be completed two days in advance of departure, and allow 36 hours for your car to arrive in Los Mochis.

Train passengers picking up their automobiles in Los Mochis can continue south along the West Coast Highway to Mazatlán and Guadalajara, head north to the United States border via Guaymas and Hermosillo, or drive 18 miles west to Topolobampo and take the car ferry over to La Paz. The Topolobampo ferry departs Wednesday and Friday at 9 A.M., arriving in La Paz at 7:30 P.M.

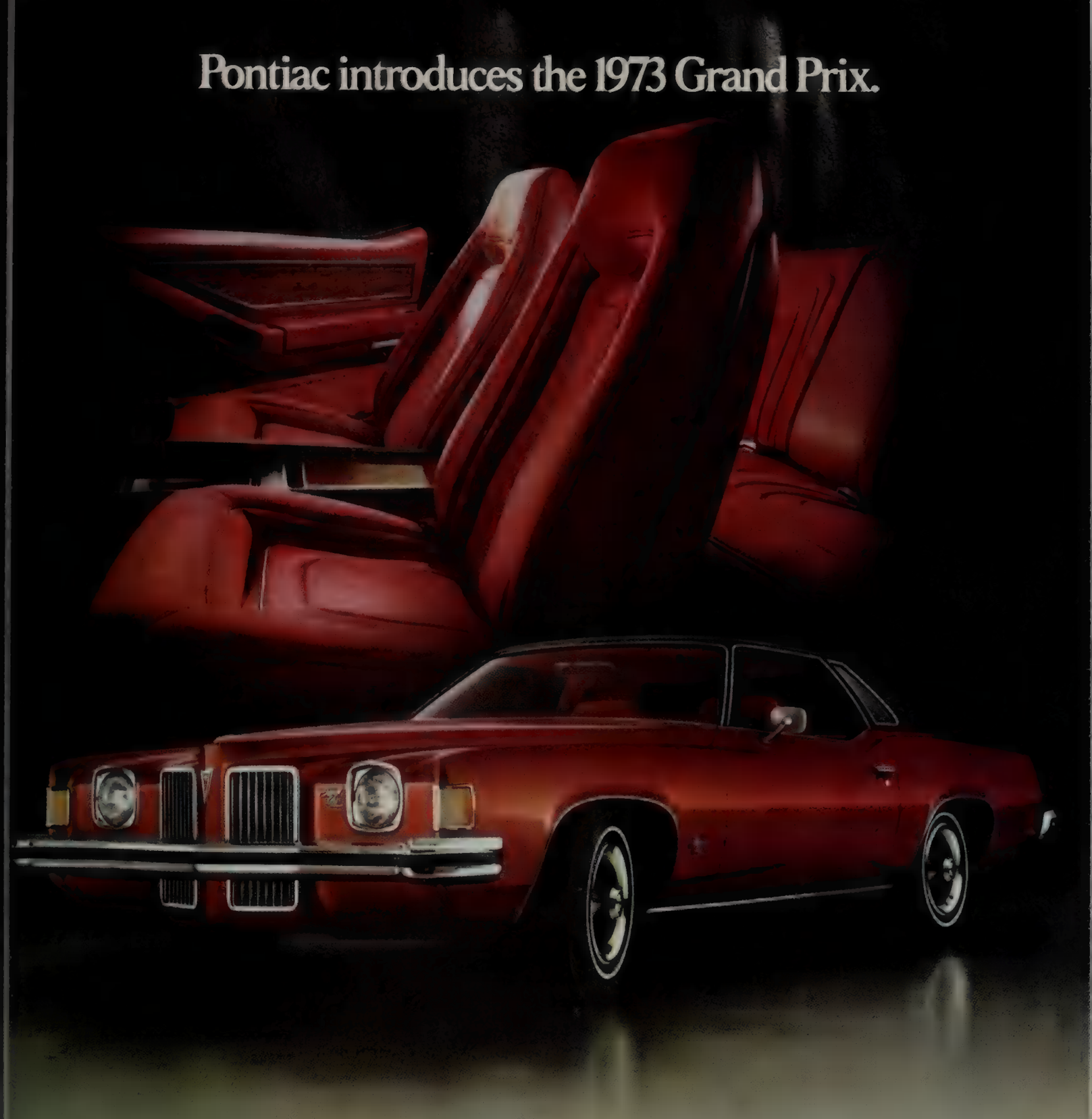
Passengers arriving in Los Mochis without an automobile can either take one of the return trains back to Chihuahua; transfer to the Pacific Railroad at Sufragio (northbound trains to Nogales daily at 8:20 A.M. and 11:30 P.M., southbound trains to Mazatlán daily at 3:05 A.M. and 8:30 P.M.); or take a bus or taxi to Topolobampo and catch the ferry for La Paz. Air service is also available from Los Mochis to Loreto (with connections to Tijuana) and Guaymas each day except Saturday.

Fares and tours

First-class, one-way rail fares from Chihuahua to Los Mochis are $6.64 for adults, $3.32 for children under 12, plus $3.26 for each upper berth, $4.07 for each lower berth, $11.38 for a compartment, or $15.45 for a drawing room. Rail car service from Chihuahua to Los Mochis is $9.05 for each chair coach seat, $10.92 for a reclining seat. For more information or reservations, write to or wire the Passenger Manager, Chihuahua-Pacific Railway, Box 46, Chihuahua, Chihuahua, Mexico; or telephone 2-22-84 in Chihuahua.

Travel clubs and tour operators frequently put together trips into Mexico that include train travel on the Chihuahua-Pacific Railway. One such tour this fall leaves Oakland, California, on November 3. For information, write Wampler Tours, Box 45, Berkeley 94701. □

Pontiac introduces the 1973 Grand Prix.



And you thought the days of the great cars were gone forever.

Stutz... Bugatti... Duesenberg... they're all museum pieces now. But each was great in its own way. Because each was designed around a single principle. Compromise nothing, the driver is all-important.

Not all cars are built with the same dedication.

The 1973 Grand Prix is an honest contender.

Its body is new. But we've retained the classic look. And it performs with exceptional toughness.

The instrument panel is accented with real African crossfire mahogany.

The new front bucket seats have deep contours for supreme comfort.

Small points, perhaps. But indicative of our feeling for GP.

There are imitators, of course. There always will be. But there's only one Grand Prix. We build it because we understand the pure pleasure one can derive from an extraordinary automobile.

Now the days of the great cars will live for you.

Buckle up for safety.

GM
MARK OF EXCELLENCE
Pontiac Motor Division

The Wide-Track people have a way with cars.

The first full-sized luxury motor home for less than $10,000.

This is Sightseer II. With the style and distinction of a $15,000 motor home. But with a price tag of less than $10,000.

Sightseer II is designed for carefree living. Of molded sheet fiberglass and formed steel, it's wider than most motor homes and engineered to make the most of every square inch of space. Sleeps up to six. Comes with full kitchen and bath, plenty of cupboard and storage space. Choose your own color schemes and floor plan.

You'll love the living you get with Sightseer II. But most of all, you'll love the price tag. Sightseer® II—built and backed by the Travco Motor Home people.

For more information, send this coupon to: Sightseer Corporation, Mid-Ohio Industrial Park, Newark, Ohio 43055.

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times roll.

SIGHTSEER

S-16-12

About 3,000 *koi summoned by bell, fed at 8* A.M., *noon, 6* P.M. *at Pagoda Hotel and Floating Restaurant*

Ala Moana Center *has several displays of koi in its various pools. Fountain sculpture by George Tsutakawa*

Koi-watching in Hawaii...here is where to look

There are as yet few good public displays of koi on the mainland. But in Hawaii koi-watching is a pastime you can enjoy between planes or while you eat, shop, or wait for a friend in your hotel lobby. The greatest concentration of public koi pools is on Oahu. And many hotels on the other islands already have or are installing koi pools. For visitors to Oahu, here's where to see koi:

Ala Moana Center, Honolulu (see photograph at right).

Byodo-In Temple, Valley of the Temples in Ahuimanu Valley on Windward Oahu.

East-West Center (in garden off administration building), University of Hawaii Manoa campus, Honolulu.

Honolulu International Airport, Japanese garden.

Pagoda Hotel and Floating Restaurant, 1525 Rycroft St., Honolulu.

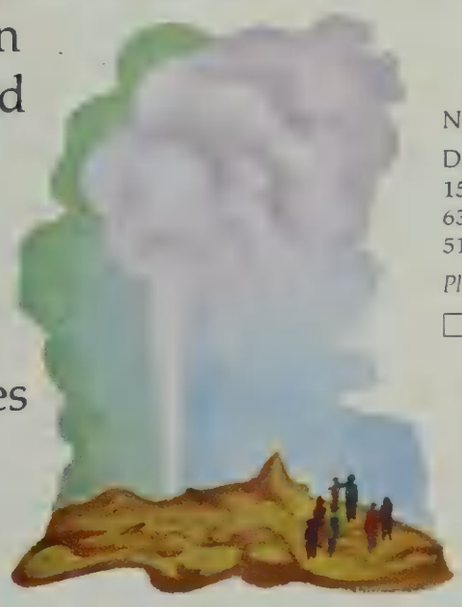
Paradise Park, 3737 Manoa Rd., Honolulu.

The Willows (restaurant), 901 Hausten St., Honolulu.

There is an admission charge to Byodo-In Temple (adults, $1; children 12 to 18, 50 cents) and Paradise Park (adults, $2.75; children 6 through 12, $1.50). All other displays are free.

Looking for yourself? Try looking in New Zealand.

'ou might just find yourself in this and of the Long White Cloud. 'ou might just discover the old ou standing in a forest of whis-ering fern; or in a fishing boat ngling for trout and throwing ack the minnows under 14 inches ›ng. You can be beautifully alone ı New Zealand, but lonesome, ever; because the people are ›mething special, so easy and so varm. You could find the new you, ›o, in a stroll across the fantastic 'asman Glacier; or in quiet meadow filled vith grazing sheep. 'he far-out you can e very far out in ıis land of rugged iffs and boiling lakes nd dancing Maoris erforming their ncestral rituals.



In the sparkling cities and in the drowsy little towns, you'll find all the comforts of the flesh: superb food, fine lodgings and all the civilized pleasures. If you're searching for your senses, you'll find them, too, when you make New Zealand the major stop in your South Pacific tour. You'll find your sense of beauty and your sense of humor and your sense of peace—all intact, all here—in New Zealand.

NEW ZEALAND GOVERNMENT TOURIST OFFICE
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☐ *I am interested in information on nearby Australia, too.*

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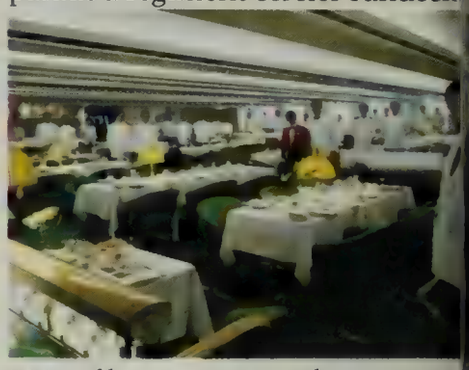
Her presence is commanding. She moves with assurance. Her Norwegian designers had one thing in mind— cruising. In no other ship has style and comfort been so richly combined. Unless, of course, you have the Italian registered Princess Italia in mind.

Whether it's the sweeping elegance of her Carib Lounge or the delightful decor of her Carousel Bar, the Island Princess caters to your needs. 4 spacious elevators whisk you from deck to deck.

One of her two heated pools has a sliding Solardome.® Swim in any weather. There's a gym and a sauna.

And if you like to stroll, you coul parade a regiment on her sundeck



82% of her staterooms have an oc view. And as for the food— it's distinctly Continental, created by Europe's finest chefs.

The Island Princess is of Norwe registry and all First Class. She's

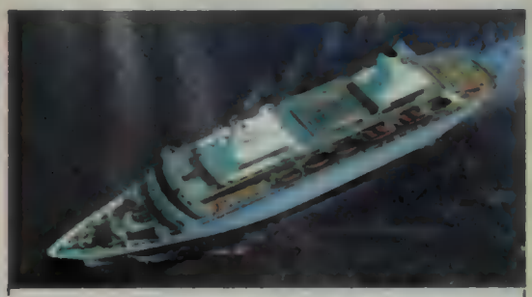
Introducing th
A ship to match th

pered by Norwegians, with an
an service crew. She sails Nov. 28
maiden voyage) and Jan. 22 from
Lauderdale, Florida, for the
bbean/So. America and Los

geles. On Jan. 4 she sails from San
ncisco and Jan. 5 from Los Angeles,
ough the Panama Canal to South
America and the Caribbean.

Our new ship also sails Dec. 18 from

San Francisco and Dec. 19 from Los Angeles for Mexico and Hawaii. And on Feb. 9 from Los Angeles to Mexico.



Princess Cruises, 3435 Wilshire Blvd., LA, Ca. 90010
Send your brochure on the Island Princess and her sailing schedule: Mexico, Hawaii, Caribbean/S. America.

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Go with Hart Ski 73—the *only* way to go!

Day of the Dead is November 2

e **streets** and markets of Mexico ›und Halloween time may surprise ı with their great array of confections ł simple toys or figures with skull, ›leton, or coffin motifs.

ey're for the Day of the Dead, cele- ıted November 2. This Mexican holi- ; is a curious blending of the Chris- n All Souls' Day and a pre-Hispanic .st day. The figures reflect the unique ›xican attitude toward death: serious t also mocking and humorous.

›wntown shops display paper flowers ł unusual Halloween-style trappings. keries feature a special bread (*pan de ıerto*—see page 150 of this issue). ırkets sell children's dolls and masks, ' coffins, and skeletons.

ıny Mexican families gather to eat an borate meal. Often an altar is set up th burning candles and *zempasuchitl* e flower of the dead, similar to a ırigold). The special bread, tamales, 'key mole, pulque, and confections ; offered in the belief the souls of the parted will return to enjoy the meal.

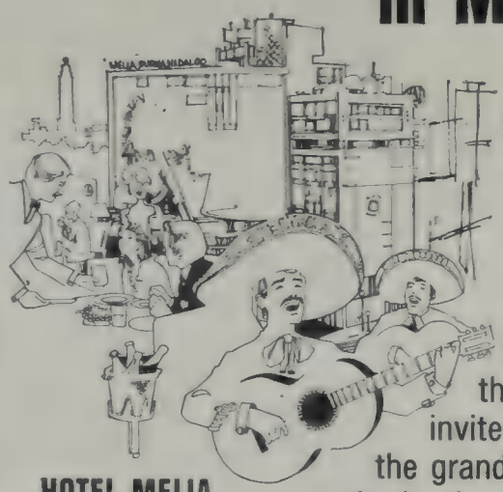
you visit any of Mexico's cemeteries this day you'll see families and friends :hering to chat while cleaning and corating graves.

ıy of the Dead celebrations are of ›cial interest in Lake Pátzcuaro's is- ıd village of Janitzio. Residents bring ›d to the cemeteries and keep an all- ;ht vigil. Hundreds of candles burning the graves make a spectacular sight. □

ELLEN KADELBURG

Tinsel-eyed *dancing skeletons are among macabre toys sold in most Mexican markets for Day of the Dead*

MELIA HOTELS of Spain now offer their traditional hospitality and service in MEXICO, too.



In the heart of swinging and fascinating Mexico City, stands this most modern Melia Hotel, the MELIA PURUA HIDALGO. In a refined and genteel social atmosphere, the traditional hospitality of the Melia Hotels of Spain invites the visitor to relax and enjoy the grand way of life, south of the border, down Mexico way...

HOTEL MELIA PURUA HIDALGO

250 beautifully appointed rooms and suites with private bath and TV, all airconditioned, gourmet restaurant, bars, Mexican and international cuisine, dining room, hairdresser, beauty parlor, banquet hall, etc.
Another great hotel in the famous chain of Melia Hotels of Spain.

In beautiful and picturesque San Jose Purua, famous for its mineral springs and health-restoring spas, surrounded by mountains and exquisite gardens, you find the HOTEL SPA MELIA SAN JOSE PURUA. Relax and enjoy the beauty and charm of life, south of the border, down Mexico way...

HOTEL SPA MELIA SAN JOSE PURUA

250 beautifully appointed rooms and suites with Mexican and international cuisine, restaurants, bars, night club, swimming pool, miniature golf, shops, beauty parlor, thermal baths, massage, movie theatre, sports, etc.
Another great hotel in the famous chain of Melia Hotels of Spain.

Melia Hotels

Reservations: **Hetland & Stevens**, 200 East 42nd Street, New York N. Y. 10017 Tel.: (212) TN 7-1450 (call collect) Boston, Chicago, Dallas, Fort Lauderdale, Miami, Toronto ✶ or **George R. Smith Company**, 6290 Sunset Boulevard, Los Angeles, Calif. 90028, Tel.: (213) 461-3541 (call collect) Denver, Phoenix, Portland, San Francisco, Seattle, Berkeley, Oakland, Sacramento, San Diego, San Jose, Santa Barbara, Vancouver ✶ or **Melia Hotels**, Paseo de la Reforma, 35-804, Mexico 1 D.F., Tel.: 546-86-82 ✶ or **Melia Hotels**, Princesa, 25, Madrid-8, Spain, Tel.: 248 58 00. Telex: 27333, or your nearest travel agent.

Below waterline on the Queen Mary, a stunning undersea museum

The Living Sea has few living creatures, other than its staff and the people who come to visit.

Nonetheless, this extraordinary museum created by Jacques-Yves Cousteau on the *Queen Mary* in Long Beach presents a remarkable view of undersea life.

It does so with the film wizardry of 100 projectors (synchronous slides and 63 motion pictures), with television that shows you how you look to four kinds of underwater eyes, with the recorded sounds of ocean denizens, and with other innovations in display technique.

It is designed for two levels of audience. For the casual visitor, it is good theater that delivers basic information. For the serious student, it provides detailed data. Indeed, there may be too much to grasp in one viewing—although this is easier now than when summer crowds throng its spaces. Even this season, it's best to visit weekdays or weekend mornings.

Allow about 1½ hours to see the exhibits. They occupy a third of the length of the huge vessel, on three lower decks.

You enter as if from outer space, past the barren landscapes of the waterless planets to Earth, where water is the vital element. You then see how the sea produces food and how its creatures adapt to the dim underwater world where vision is difficult and often must be supplemented by other sensory organs. You will learn something of how species persist against incredible odds, how sea creatures feed and are fed upon, and how they have developed sophisticated means of propulsion.

One fascinating aspect deals with the technology of undersea exploration. Man Re-enters the Sea, a capsule his-

Girls *on gangway at promenade deck level are high above entry to museum, down by waterline*

Egg-cluster shapes *of the procreation exhibit show photographs and simultaneous motion pictures of females for reproduction and survival in the sea*

Portholes *are speakers. Poke your head in to hear voice of whale and dolphin and see what they look like underwate*

Revolving *Man in the Sea exhibit is three decks deep, shows submersibles Denise at top, then Deepstar 4000, and Alvin, center. They move at their 2-knot undersea speed*

tory and a look at the future, is notable not only for its story, but also for the automated way it moves audiences through four electronic tableaux. Exhibits end with displays of models of the oceanographic vessels at sea today.

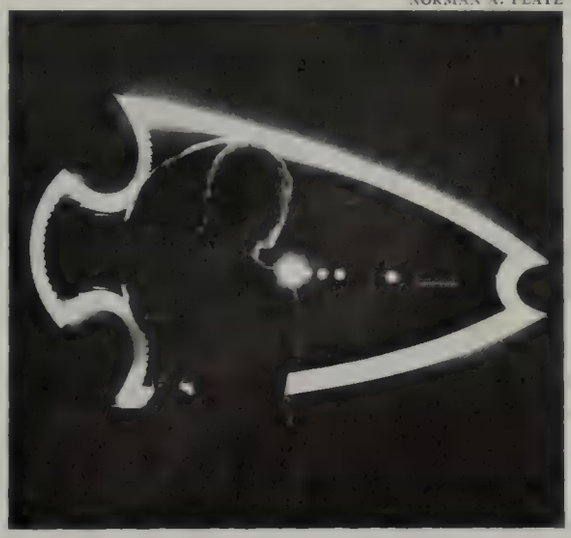
The ship is open for tours—of the lower deck Living Sea and Queen Mary museums and of the upper decks—from 9 A.M. to 6 P.M. weekends, until 5 weekdays; ticket booths close 1½ hours earlier. One ticket covers both tours, with a stub for each usable on separate days if you like: $3.25 adult, $2.50 junior (12 to 17), $1.25 child (5 to 11); under 5, free. There is no upper deck admission charge for visitors to the shops and restaurants after 5 P.M. (open until about 11 P.M. weekdays, 1 A.M. weekends). Parking is $1 per car. The ship is at the ocean end of the Long Beach Freeway. □

RICHARD FISH

Tour guides *help you find your way, narrate some exhibits*

erg *frozen from mist invites touch rst exhibit: The Water Planet*

NORMAN A. PLATE



Lighted *dots show pressure line by which fish senses unseen objects*

Sign marks *Lahaina library's Hawaiiana collection, where visitor chooses book*

Read "Hawaii" in Hawaii . . . it's free

Books on Hawaii are enjoyable enough at home, but they gain in immediacy when you read them on the scene—at the beach, in your hotel room, while you're touring. You can integrate your reading with immediate experiences, get ideas for impromptu side trips, or just relax with a good yarn about a people and culture you may just have discovered. And Hawaii's libraries go out of their way to help.

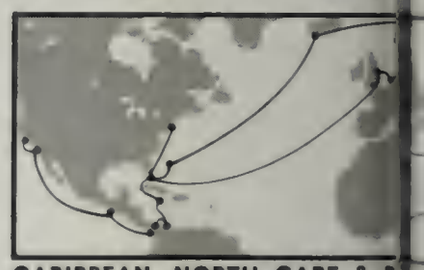
The islands' public libraries belong to a well stocked, remarkably progressive state system that makes it easy for a visitor to borrow books. There's no deposit charge and you don't need a library card; any identification—driver's license, credit card—will do. The checkout period is three to four weeks (the due date is always a Friday). You can return a book at any branch in the state system, so feel free to take your reading wi you as you travel from island to island

The state's main library is at 478 Sou King Street in Honolulu, near the cap tol building and Iolani Palace. It has open-air patio and an excellent "Haw

The Space Ship sails you to mo

CARIBBEAN FESTIVAL. Jan. 24, Feb. 25, 1973, from San Francisco. From Los Angeles 1/25 and 2/26. 30 days, 12 ports. The Space Ship winters in Cristobal, St. Thomas, Martinique, Jamaica and also touches base in exotic Colombia and Mexico's exciting Acapulco. That's some spicy Caribbean! From $1720 to $6395.

ORIENT/PACIFIC. March 30, 1973, from Los Angeles. From San Francisco 3/31. 60 days, 16 ports. Cruise from balmy islands that look every bit as exotic as they sound (Tahiti, Samoa, Fiji, Bali) to sophisticated cities like Bangkok, Hong Kong and Honolulu. We're saving the best for almost last: a visit to Japan at Cherry Blossom Time. From $3445 to $12,790.



CARIBBEAN, NORTH CAPE & R May 30, 1973, from San Francisc Los Angeles 5/31. From Port Eve 6/13. 56 days, 22 ports. The Spac sails you from clear tropical wa the majestic fjords of the North and on to the historic splendor of grad. Our smorgasbord of desti also includes Acapulco, Jamaica Stockholm and Helsinki. From $3 $11,725. Returns to Port Everglad New York.

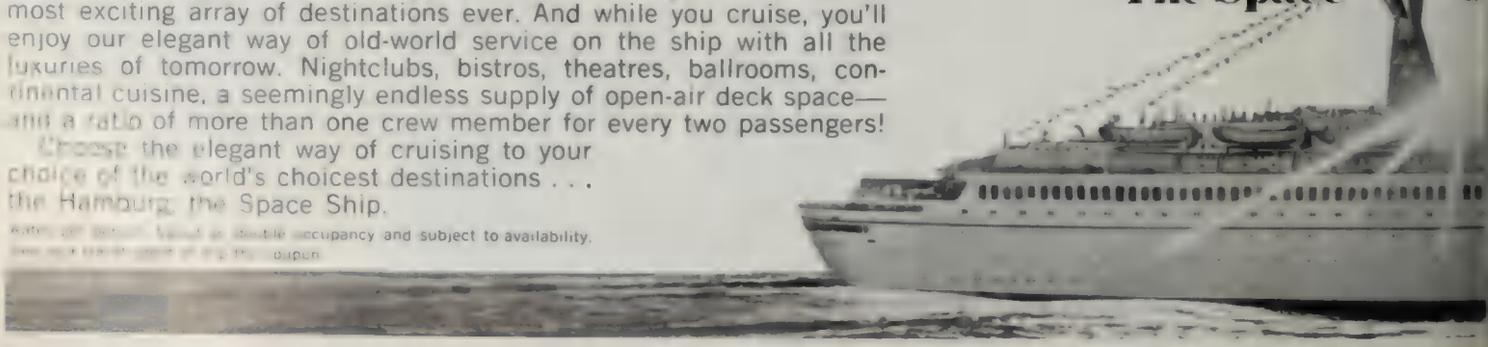
FROM CALIFORNIA, FLORIDA AND NEW YORK.
There's never been a cruise selection like it.

The Hamburg, the Space Ship, lays the world at your feet with its most exciting array of destinations ever. And while you cruise, you'll enjoy our elegant way of old-world service on the ship with all the luxuries of tomorrow. Nightclubs, bistros, theatres, ballrooms, continental cuisine, a seemingly endless supply of open-air deck space—and a ratio of more than one crew member for every two passengers!

Choose the elegant way of cruising to your choice of the world's choicest destinations . . . the Hamburg, the Space Ship.

[illegible] occupancy and subject to availability. [illegible] coupon

The Space S



the Pacific" room. To locate nches look under "Libraries—Pub- in the yellow pages or "Hawaii State vernment—Education" in the white es of the local telephone directory.

e Waikiki-Kapahulu branch library he Diamond Head end of Honolulu's Wai canal has an open reading ai covered with bright bougainvillea. ere's a shelf labeled "sand" for re- ning books read on the beach. During ter months, free films, concerts, and ures are presented.

ny branches have Hawaiiana sections h a selection of books on island vel, culture, legends, politics, history, l natural history, as well as fiction h Hawaiian settings. Ask for two free chures, *What to Read About Hawaii* l *Hawaiiana For Children*, available nost branches.

set's Hawaii consultants suggest the owing books to help you get started. ey are generally available in Hawaii's lic library system, though you might nt to borrow one from your home n library for advance reading. The isn't comprehensive, but it's a good ss section of literature on Hawaii.

tory and Culture

al of Time, Gavan Daws.

waii: A Pictorial History, Joseph Feher.

An Account of the Polynesian Race, Its Origins and Migrations, A. Fornander.

Selections From Fornander's Hawaiian Antiquities and Folklore, A. Fornander.

Hawaii Pono, Lawrence Fuchs.

Hawaii, The Sugar-Coated Fortress, Francine du Plessix Gray.

Ka Po'e Kahiko, S. M. Kamakau.

Ruling Chiefs of Hawaii, S. M. Kamakau.

Hawaii, A History, R. S. Kuykendall.

The Hawaiians, W. Storrs Lee.

Hawaii's People, Andrew Lind.

Magnificent Matriarch, Kathleen Mellen.

The Lonely Warrior, Kathleen Mellen.

Yankees In Paradise, Bradford Smith.

Hawaiian Legends of Ghosts and Ghostgods; Hawaiian Legends of Old Honolulu; Hawaiian Legends of Volcanoes, W. D. Westervelt.

Natural History

Hawaii: A Natural History, S. Carlquist.

Trees For Hawaiian Gardens, Horace F. Clay and J. C. Hubbard.

Hawaiian Petroglyphs, J. Halley Cox.

Native Planters in Old Hawaii: Their Life, Lore, and Environment, E. S. C. and E. G. Handy.

Tropical Trees of Hawaii and other pamphlets, Dorothy and Bob Hargreaves.

Hawaiian Flowers and Flowering Trees, Loraine Kuck and Richard Tongg.

The Modern Tropical Garden, Loraine Kuck and Richard Tongg.

Volcanoes in the Sea, G. A. MacDonald.

Volcanoes of the National Parks in Hawaii, G. A. MacDonald.

Birds of Hawaii, George Munro.

In Gardens of Hawaii, Marie Neal.

Description and Travel

Six Months in the Sandwich Islands, Isabella B. Bishop.

Journal: A Narrative of a Tour of Hawaii, William Ellis.

Beautiful Hawaii, Sunset Books.

Hawaii, Sunset Books.

Mark Twain's Letters from Hawaii, Mark Twain.

Kaui and the Park Country of Hawaii, Robert Wenkam.

Maui: The Last Hawaiian Place, Robert Wenkam.

General Literature

House Without A Key (a classic Charlie Chan mystery), Earl Derr Biggers.

A Hawaiian Reader, A. Grove Day and Carl Stroven.

From Here To Eternity, James Jones.

A Hawaiian Anthology, Gerrit P. Judd.

Grapes of Canaan, Albertine Loomis.

In a Hawaiian Valley, Kathleen Mellen.

Hawaii, James Michener.

The Spell of the Pacific, Carl Stroven and A. Grove Day.

Hawaiiana For Children

What's My Name In Hawaii? Louise Bonner.

The Boastful Fisherman, Wm. Knowlton.

Hawaii, Our Island State, N. W. Potter.

The Red Shark, Ruth Tabrah.

Hawaiian Tales of Heroes and Champions, Vivian Thompson. □

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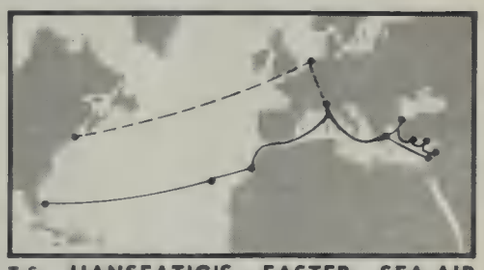

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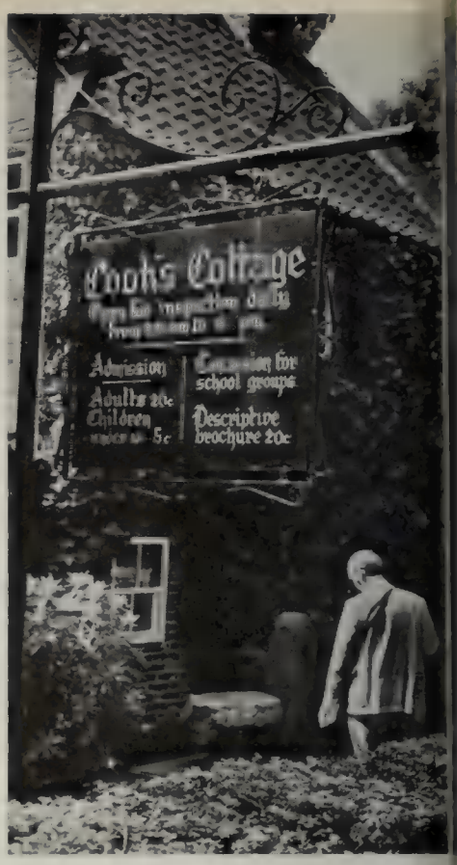
Single rooms start at $25; doubles from $33.



American visitor *examines ivy-covered exterior of Cook's Cottage*

A bit of Yorkshir in Melbourne

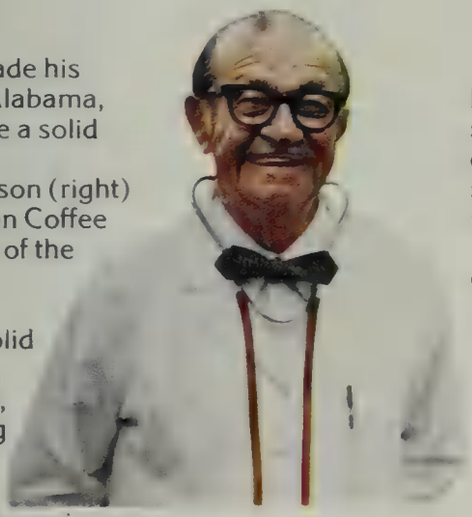
Captain Cook's Cottage in Melbou like a good many early Australi came from England in the hold of a sl The small brick cottage nestles now a serene glade in Melbourne's Fitz Gardens, where it was reassembled 1934, the year of the city's 100th bi day. Since then, it has been visited many Australians interested in the e years of the English explorer who covered their country.

The house was originally built, proba by Cook's father, around 1755 in small Yorkshire village of Great Ayt It is not known whether or not the yo James Cook spent part of his childh in the cottage, but he often retur there to visit his father. His last was during the winter of 1771–17 after the Australian voyage. In 1779, was killed in Hawaii.

Cook's Cottage is open daily from 9 A.M. to 6 P.M.; admission is nomi Inside are a few pieces of period f nishings, and a few of the Capta personal possessions.

Fitzroy Gardens is a short cab ride fr downtown Melbourne. The cottage near the park arboretum, where you find both native Australian and exo plants.

We built Ford Pinto to live up to Dr. Gibson's indestructible Model T.



When Dr. E. L. Gibson made his ›unds in Coffee County, Alabama, half century ago, he drove a solid ›liable Ford Model T.

Today, at age 83, Dr. Gibson (right) still practicing medicine in Coffee ounty. Still treating some of the ame patients he treated a eneration ago.

And he's still driving a solid ›liable car: the Ford Pinto.

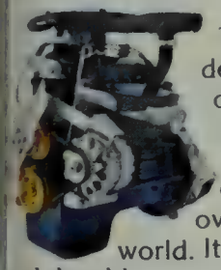
Which isn't so surprising, ›hen you know something bout how Pinto is built.

Unitized body. Pinto's body is welded into one solid piece of steel. Side doors are reinforced with steel guard rails. The roof has inner reinforcements of solid steel.

We built Ford Pinto to be a basic, durable, economical car... just like the one Dr. Gibson started out with.

See the 1973 Pinto at your Ford Dealer's: 2-door sedan, 3-door Runabout, and the popular Pinto Wagon.

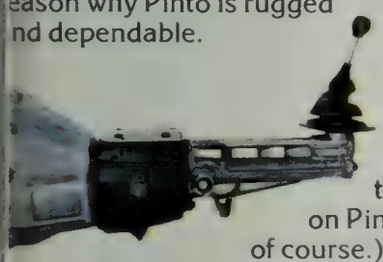
Better idea for safety... buckle up!



The Pinto engine was developed and perfected in over 10 years of actual driving in small Ford-built cars all over the world. It's rugged nd durable.

In addition, Pinto uses extra trength parts (ball and niversal joints, starter motor, ›ar wheel bearings) where you eed them most. Another eason why Pinto is rugged nd dependable.

Shown here is a 1973 Pinto Runabout with optional whitewall tires, luxury decor and protection groups.



A four-speed full synchromesh transmission is standard on Pinto. (You can also get automatic, of course.) The transmission is sturdy and ›eliable. It was designed to be lubed for life, so it needs nspection only during routine maintenance.

When you get back to basics, you get back to Ford.

FORD PINTO

FORD DIVISION

All 1973 cars must meet Federal Emissions Standards before sale. ›ee your Ford Dealer for details.

Sheep dog trials, *like this one, are features of New Zealand farm shows. Shepherd-owner commands dog, opens gate for running sheep as judges watch from truck. Spectators (right) enjoy tailgate picnic*

Small country fairs show you the farmer's New Zealand

Most visitors to New Zealand miss the small Agricultural and Pastoral Society shows that take place in farming communities throughout the country. Yet they offer one of the best looks at the rural lifestyle of many New Zealanders.

The smaller shows, such as this one at Wanaka on New Zealand's South Island, are the most fun—they're usually informal and everyone participates. Families come from farms and ranches with prize livestock and homewares to display. Youths compete in riding events or wander through exhibits, and small children dripping ice cream scamper about trying to see everything at once.

Early in the day you'll find most of the men at the livestock exhibits standing in small groups discussing the merits of different breeds of sheep and cattle (sheep and dairy products are 72 per cent of New Zealand's exports). Inside you'll see a variety of homecraft and cooking exhibits.

After lunch everyone comes out to

Rider grips *tightly as horse leaps over obstacle during jumping competition. Number of faults determines decision*

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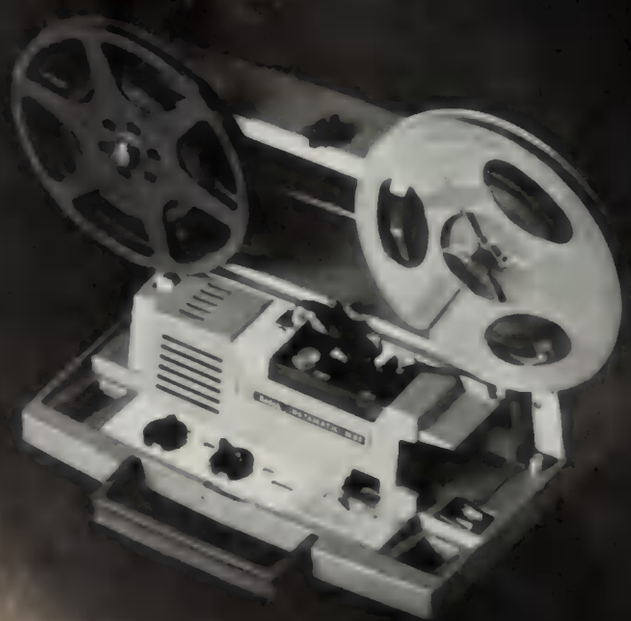


Kodak

Price subject to change without notice.

Bagpipe *band drummer (leopard skin drape is regimental uniform) gets shy stares*

watch the sheepdog trials—the most im portant event of an Agricultural an Pastoral Society show. The crow around the course grows quiet as shep herds work their dogs. Using voic commands and whistles, a shepherd ha the dog maneuver three sheep on a se course through gates, around obstacles over bridges, and finally into a pen. Th event is timed and a balky sheep ca be a real test of teamwork between ma and dog.

When the trials are over, thirsty spec tators may gather at a pub for drink and a thorough rehash of the event.

Agricultural and Pastoral Society show are held throughout New Zealand th year around, but the majority take plac from October through March. For show schedules in New Zealand and othe travel information write to the New Zealand Government Tourist Office, 15 Kearny St., San Francisco 94108.

New Zealander *examines wool from prize-winning fleece in exhibit booth*

There's a place where they celebrate Children's Day and Old People's Day, where people's idea of a good time is to meditate, and an Opera House rises from the sea. The Pacific.

After you've traveled to the usual places, you'll eventually get around to seeing the Pacific.

And when you do, you'll see what we mean when we say the Pacific is unlike any other place in the world.

The Pacific is Australia, at the other end of the earth. Where you can eat Carpetbagger Steak (beef tenderloin stuffed with Australian oysters) and will someday hear Verdi by the sea in the new Sydney Opera House, a work of art in itself.

The Pacific is New Zealand, with beautiful

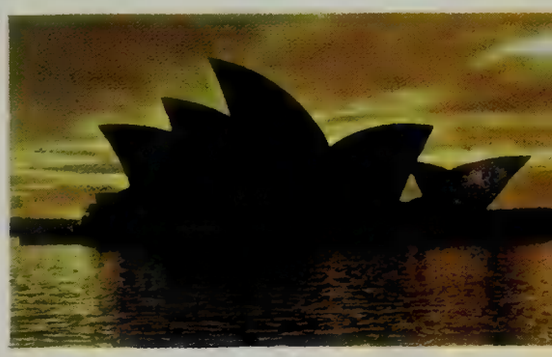
beaches, friendly people, dead volcanos and a couple of live ones.

The Pacific is Fiji, Bali, and Samoa. And Tahiti, where the women do a dance that makes the hula look like a waltz.

The Pacific is exotic Singapore, and shopping for bargains in Hong Kong.

And Thailand, where people's idea of a good time is to meditate. (When you visit some of the exquisite Buddhist temples, you'll understand why.)

And, of course, the Pacific is Japan, a country that's going places fast, but still takes the time to celebrate Children's Day, Old People's Day and Lovers' Day.



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The solid feeling for '73.
ctuler's Suggested Retail Price for the Century Luxus (foreground) includes vinyl top, whitewall tires and deluxe wheelcovers,
ive moldings, outside rear-view mirror, bumper protective strips and bumper guards, and dealer new vehicle preparation charge. Other
, state and local taxes and destination charges are additional. The other models equipped as shown are also priced under $3700.

View *from island's edge includes sailboats, Marin Headlands, Golden Gate Bridge*

Cyclists *round curve on east side of island, with Berkeley hills in background*

Take your bike to Angel Island or rent one there

Angel Island State Park in San Francisco Bay is now an easy-to-reach cycling destination. You can take your bicycle to the island aboard ferries from San Francisco or Tiburon, or rent a bike on the island. The island's main roads provide easy riding, with few motor vehicles to contend with.

An island ride includes views of San Francisco, bay bridges, and surrounding mountains. You can spread out a lunch at one of the picnic areas or beaches. There's a mobile snack bar, but no full lunch service on the island. You can explore wooded side paths on foot—they're too hazardous for bikes.

From Tiburon, take the Angel Island State Park ferry from the Main Street dock every hour on the hour from 10 A.M. to 5 P.M.; hourly return trips leave the island 15 minutes later. A round trip costs $1.75 for adults and 75 cents for children between 5 and 11 years of age, plus 25 cents for each bike. Children under 5 ride free.

From San Francisco, take a Red and White Fleet tour boat from pier 43 at Fisherman's Wharf at 10 A.M., noon, 2 or 3:45 P.M. Return boats leave the island at 12:45, 2:40, and 4:35 P.M. A round trip with bikes costs $1.75 for adults and 75 cents for children between 5 and 11 years of age; children under 5 are free.

Bikes rented on the island cost $1.00 for the first hour ($2 for tandems) and 75 cents for each additional hour ($1.00 for tandems).

If you're coming from Tiburon, you can take a few extra minutes to try out an excellent new bike path (pictured on page 94) that speeds you past a dangerously congested road. The bike path begins at a dirt parking area where Tiburon Boulevard meets Trestle Glen Boulevard and runs for 2 miles to Mar West Street. It's built on an abandoned railroad right-of-way along Richardson Bay and provides a fast, safe, and scenic way past heavy weekend traffic. □

Bicycle *is loaded onto canvas-topped ferry for return trip to Tiburon*

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View of Mt. Diablo taken from Discovery Bay

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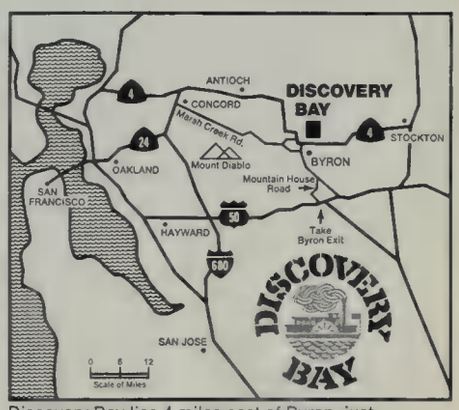
The Bay Retreat—one of eight architect-designed model homes ideal for Delta living at Discovery Bay.



Discovery Bay lies 4 miles east of Byron, just off Highway 4. A pleasant drive from San Francisco, Sacramento or San Jose.

Live where you play. At Discovery Bay.

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Late-season trout fishing can be good in the Sierra

MIKE AND MARY HA

Late-season *fishermen find middle-elevation trout waters ideal this month*

The autumnal equinox heralds the official end of summer, but dedicated trout fishermen know that some of the finest fishing in California occurs in mountain streams and lakes from now until the end of the season.

As soon as water temperatures begin to drop, trout that survived the heavily-fished summer season emerge from deep holes and subterranean springs to feed on the surface in anticipation of the approaching winter. These are often the hardiest and wisest trout, a real challenge to late-season fishermen. Live nymphs and dry flies appear to be the most effective baits.

Like the variation in air temperature, the fishing this month is very much a function of elevation. Below 5,000 feet, the water may still be too warm to stimulate feeding. Above 10,000 feet, it could already have dropped below the critical 40° mark, below which trout tend to lose their appetites. The best fall trout fishing is in middle-elevation lakes and streams, between 5,000 and 10,000 feet.

Much of this promising California trout water will be found in the Sierra. We list here, from north to south, a dozen likely destinations:

North Fork, Feather River

Leave State Highway 70 about 2 miles east of Belden and follow the Prattville-Butt Reservoir Road north along the North Fork of the Feather River. The first 12 miles of the forested river canyon offer the best fall fishing.

Dark-patterned wet flies and hellgra mites seem to take the most trout.

Bucks Lake

About 15 miles west of Quincy over Bucks Lake Road, this 5,000-foot-h reservoir earned its reputation by yie

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FORD

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ıg 10-pound brown trout to those fish-
rmen skilled enough to lure them onto
hook. Trolling from a boat seems to be
ıe most effective method. Shore fisher-
ıen fare best at dawn and sunset.

.akes Basin

Gold Lake, the largest lake in the Lakes
Basin area, is 10 miles south of Graeagle
n the Gold Lake Road. Nearby are
Grassy, Long, Mud, Cub, Little Bear,
Big Bear, Silver, and Round lakes.

hore fishing is best in the early morn-
ıgs (using flashbaits) and late after-
oons (angleworms and flies). At Gold
nd Long lakes, the most successful
nglers are those flycasting from boats.

Blue Lakes

About 6 miles east of Carson Pass, Blue
.akes Road heads 12 miles south from
tate Highway 88 to Lower Blue Lake.
Nearby are Upper Blue and Little Twin
ıkes. All three lakes contain cutthroats.

Emigrant Basin

About 65 miles east of Sonora, State
Highway 108 passes just north of the
ıore than six dozen trout lakes of Emi-
rant Basin. Some of the lakes are close
nough to the highway to allow two and
ıree-day backpack trips to good fishing
vaters. Emigrant Lake and Huckleberry
.ake, two of the largest lakes in the basin, contain mixed populations of rainbow and eastern brook trout.

June Lake loop

Leaving U.S. Highway 395 just 5 miles south of Lee Vining, the June Lake Loop Road passes Grant, Silver, Gull, and June lakes before returning to U.S. 395. The lakes contain populations of eastern brook, brown, and rainbow.

Mammoth Lakes Basin

About 42 miles north of Bishop, the Mammoth Lakes Road leaves U.S. 395 and heads 8 miles west to Lake Mary, Lake George, and Lake Mamie. All three contain rainbow trout, and the most successful fishermen are those fly-casting from boats. Nearby are 10 other lakes accessible only by trail.

Merced River

Visitors on their way to Yosemite National Park this fall (California Highway 198) may be traveling along one of the best late-season trout streams in the state: the Merced River from Briceburg up to El Portal. This section of the river is well below the recommended 5,000-foot elevation, but the water is cold enough to keep trout active.

Kaiser Ridge

Kaiser Ridge, bisected by the Florence Lake Road just 75 miles northeast of Fresno, offers 14 trout lakes accessible only by trail. Upper Twin Lake, the largest and closest of the lakes, is a 3½-mile hike from the old Sample Meadows pack station. Upper Twin contains both rainbow and eastern brook trout.

Dinkey Lakes

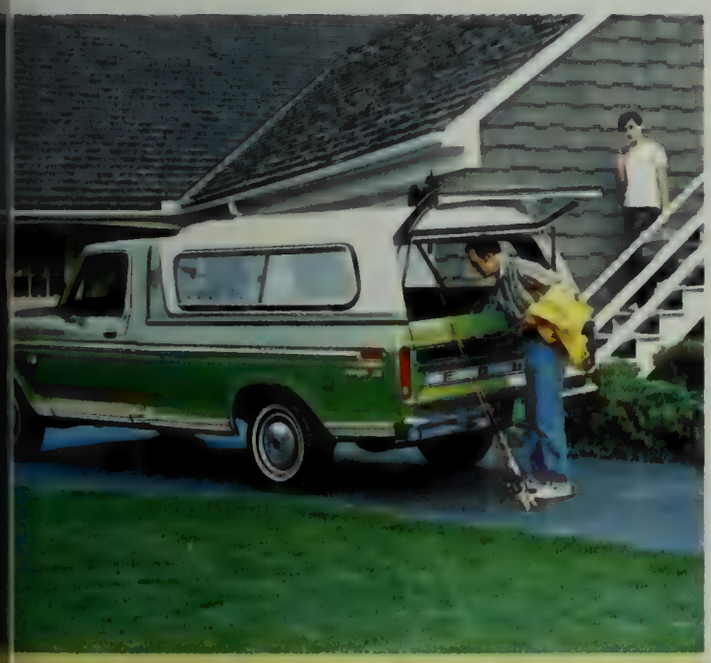
The Dinkey Lakes, accessible only by trail, are about 70 miles northeast of Fresno. Leave California Highway 168 at the Musick Creek Guard Station and follow the Dinkey Creek Road 13 miles west to the trailhead. First Dinkey Lake is a 12-mile hike from Dinkey Creek Guard Station. All 25 lakes in the area contain eastern brook trout.

Bishop Creek

Bishop Creek has its headwaters in the high-elevation Pater Noster lakes and flows all the way down to the city of Bishop. The South Fork Road follows the creek and the fishing is best along this section of road.

Kern River

About 50 miles northeast of Bakersfield, the little resort village of Kernville sits at the northern tip of Isabella Reservoir. A Forest Service road leads north along the Kern River. The river contains both rainbow and brown trout. □



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Three Island-flavored lounges.
The 747 Friend Ship is designed for casual comfort. With a lounge in First Class. And two in Coach. All with room for a party. And plenty of atmosphere to get you in the Island mood.

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Enjoy first-run, wide-screen movies. Or your choice of stereo music. From Mozart to Motown. And just about everything in-between.

Friend Ship Service Director.
A change of reservations during flight? Just ask our Friend Ship Service Director, of course, who can take care of hotel reservations, rent-a-car, or return flights.

Friend Ship Service starts at the curb.
Let our skycap pick up your baggage and check it through for you. So you won't be left holding the bag.

Premium liquor service.
It all starts with *free* champagne and wine. In Coach, as well as First Class. Then order your favorite cocktail. Or take in the spirit of the Islands with a Mai Tai. (Slight charge in Coach.)

Hawaiian Stewards.
Talk over your trip with one of our Hawaiian Stewards. And come up with some new ideas for your vacation. After all, who knows the Islands better?

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Just look for her when you enter the United terminal. Because she knows where everything is. A real Girl Friday. Every day of the week.
Call your Travel Agent or United. And get aboard our 747 to Hawaii. Because no matter which of our flights you take, we've got a Friend Ship for you.

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NEIL KOPPES

ıy and dark *cells at Yuma Territorial ison give visitors bleak look into history*

!t old Yuma Prison . . . the way it was

e rusty iron gates of Yuma Territo- l Prison clanged shut in 1909 and izona Territory abandoned one of the ›st dreaded prisons in the West.

-day visitors who view the high walls d dark cells can speculate on what it s like to live in this grim institution ilt in the desert in 1876.

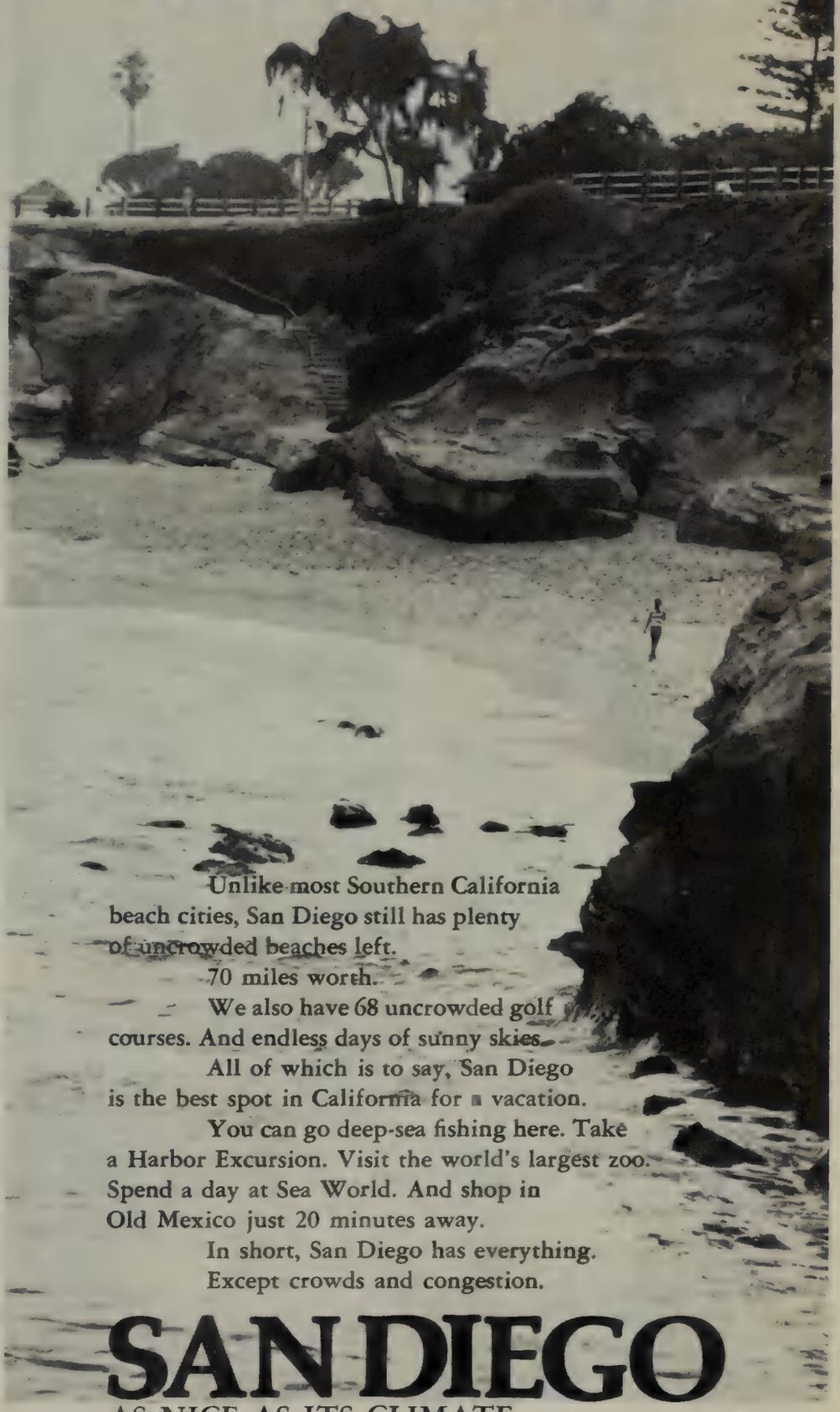
›nditions may not have been all that d. Cells were crowded, but prisoners ›rked outside during the day (convict ›or built the prison). Inmates had ›dical care and the food, some of ›ich they grew themselves in the prison ›den, was at least sustaining.

›wever, solitary confinement in the ungeon," a windowless cell, was un- arable on a hot day, and escape from : prison was virtually impossible. The avily guarded adobe walls were deter- ıt enough, but as an added precaution, son officials offered nearby Indian ›es a $50 bounty on escaped prisoners.

1941, after being closed for 32 years, : prison was reopened by the city of ıma as a historic landmark. It's now state historic park. A small museum nds on the site of the old mess hall d chapel. Photographic exhibits show- ; the daily life of inmates should be talled by October 1.

ison grounds are open every day from A.M. to 5:30 P.M. Admission is 50 ıts for adults or $1 per vehicle. ›ungsters under 14 are admitted free accompanied by an adult. To get to : prison take Interstate Highway 8 o Yuma and turn east on First Street. ›u will find the buildings about 1 mile the road. □

We haven't grown too big for our beaches.



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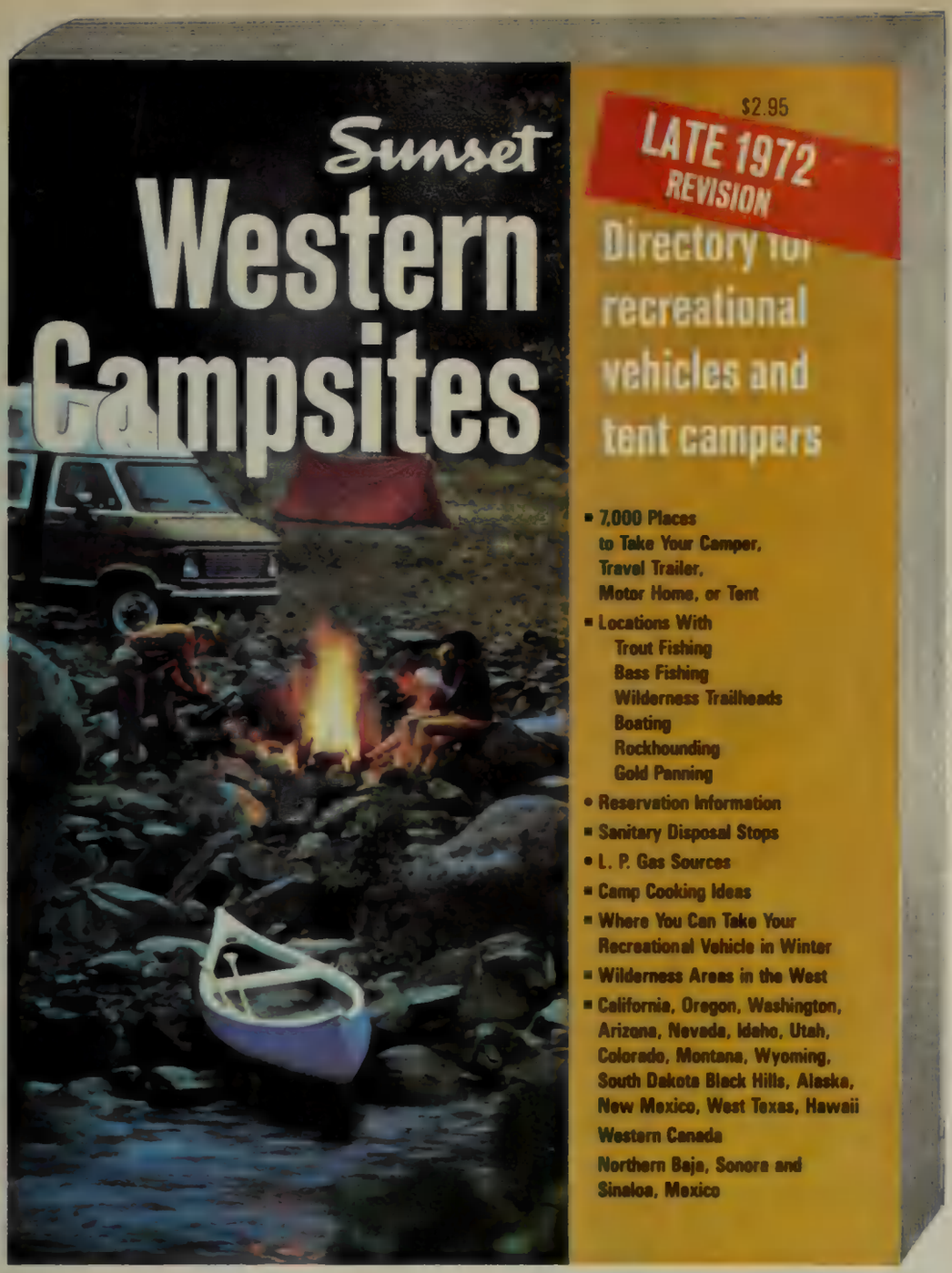

Details on 7,000 campgrounds and trailer parks in the West

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: this year you travel south with the sun in ■ trailer, camper, r motor home, be sure you have *Sunset's Western 'ampsite Directory* (late '72 Revision) to help you decide 'here to go, and where to stop.

. gives you a full report on inspected trailer parks and ampgrounds in the Sun Country — not only on this side of ıe border but as far south as Mazatlan: road directions, hone numbers for making reservations, complete ıformation on hookups, fees, time limits, pets, nearby attractions, and much more.

For instance, it tells about 50 places in the Phoenix-Mesa area, 10 near Tucson, 19 near Yuma, 39 on the Colorado between Blythe and Boulder, 50 on southern California beaches, 15 on the Salton Sea, 41 in Palm Springs and the nearby desert, 13 near Ensenada, 4 at the Bahia Kino, 5 near Guaymas, 14 at Mazatlan.

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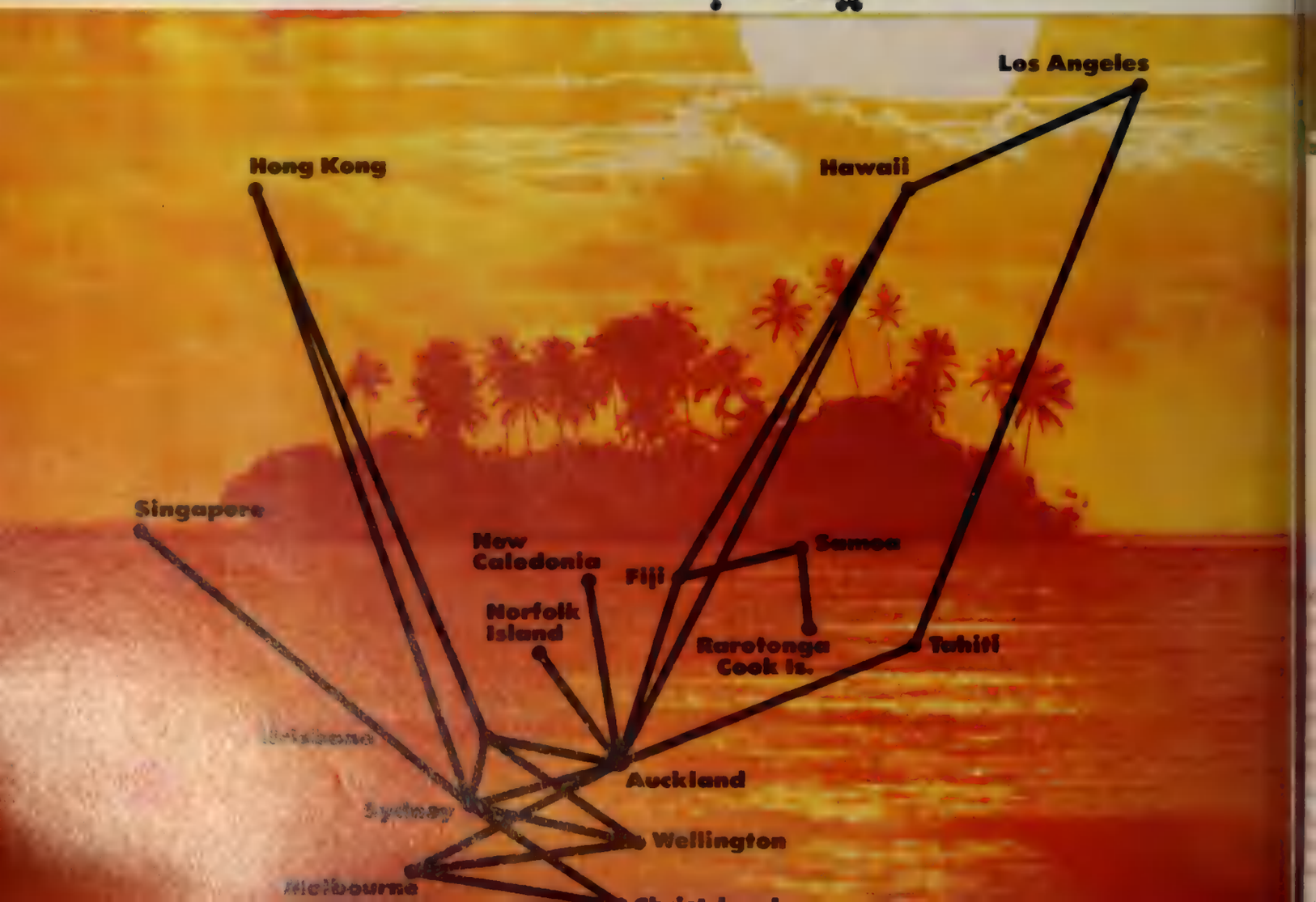

DON NORMARK

Children pop *through a door in rebuilt Fort Vancouver gates (above). At right, they see model of gates as they were*

Pay a visit to old Fort Vancouver

Fort Vancouver, the lone pinpoint of civilization in the wilderness of southwestern Washington from the 1820's to the 1860's, is today a 160-acre national historic site less than 5 minutes from downtown Vancouver, Washington. Near Interstate Highway 5, it's a fine place to break a long car trip—find a sunny spot and have a picnic.

The north wall of the old stockade, which once surrounded and protected a trading post of the Hudson's Bay Company, has been rebuilt, complete with its double gates. Signs within identify the sites of the factor's home, a bakery, smithy, offices, and fur warehouses.

By the 1850's, Fort Vancouver became an important establishment of the U.S. Army. A museum is maintained in what was post headquarters; it is open from 1 to 4 P.M. daily except Thursday, and admission is 50 cents. The fort itself is open from 8 A.M. to 4:30 P.M. weekdays, 9 to 5 weekends; admission is free. □

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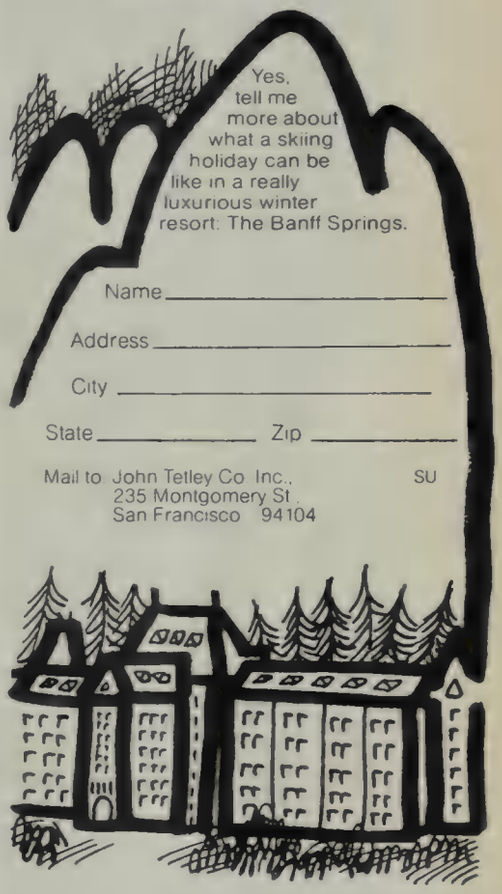

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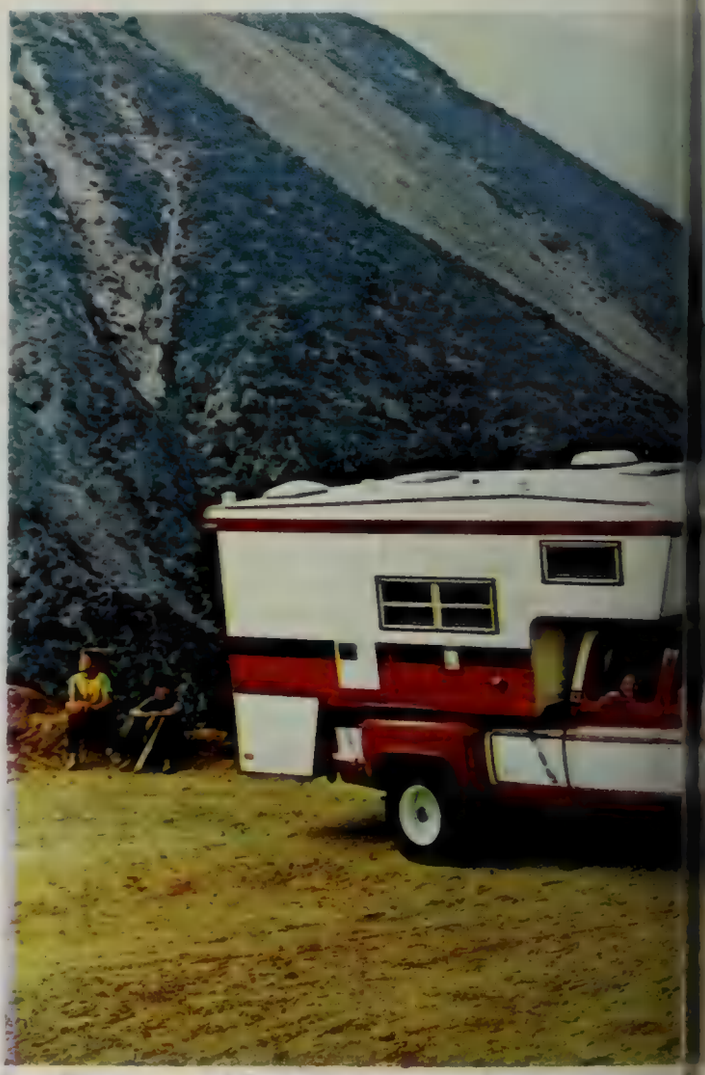

New 6-passenger pickup with dual rear wheels you can spe

ehicle commitment:
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If you go tide pool exploring

Exploring the fragile world of the Pacific Coast's tide pools is a regular pastime with many beach visitors. But in several areas, collection of marine life has gone on unchecked. Some tide pools are now almost lifeless; their rocks have been turned over so many times that organisms are damaged or destroyed, and thousands have been carried away in buckets to die in beach parking lots or suffocate in home aquariums.

California, Oregon, and Washington have all taken certain steps to protect the marine life in their tide pools. For the benefit of readers who like to explore intertidal zones here is a guide to present restrictions.

California

Two years ago California made it illegal to collect any tidal invertebrates—except those protected by sport fishing license regulations—in state parks, recreation areas, state beaches, and reserves. On March 1 this year, the law was amended to include all of California's coastline. There is to be no general collecting between the mean high tide mark and 1,000 feet beyond mean low tide mark without special permit (issued only to qualified researchers).

So far response has been good. Since many violators of tide pool regulations have not been familiar with the new law, most have been merely warned. But the Department of Fish and Game advises that from now on violators can expect to be fined up to $500.

The new law still allows the collection of abalones, chiones, clams, cockles, crabs, limpets, lobsters, mussels, octopuses, sand dollars, scallops, sea urchins, shrimp, and squid. Most of these species have size and bag limits to protect them from overharvesting. Fishermen once accustomed to searching for bait in tide pool areas should now buy it in stores. For more California details, pick up a copy of the *1972 Fish and Game Sport Fishing Regulations* at sporting goods stores or from the Department of Fish and Game, 1416 Ninth St., Sacramento 95814.

Washington

The state presently has no laws prohibiting the collection of marine life not classified as food fish or food shellfish, but some coastal and Puget Sound areas are closed to collectors. These areas are generally posted. For locations, write Washington Department of Fisheries, Room 115, General Administration Building, Olympia 98504.

Oregon

This was the first state in the country to regulate the collection of intertidal animals not protected by other laws. In 1962 a limit of 10 intertidal animals per person was set to reduce tide pool collecting in open areas; however there is no limit on kelp worms, sand crabs, ghost shrimp or mud shrimp. Two areas are closed to the taking of nonfood invertebrates: The Marine Gardens at Otter Rock near Newport, and the Cape Perpetua Recreation Area near Yachats. Since some areas also require collecting permits, write to the Fish Commission of Oregon, 307 State Office Building, Portland 97201, for a copy of *A Guide to Oregon's Rocky Intertidal Areas.*

On your next visit to a beach, instead of a bucket or collecting jar, you might take along a magnifying glass and a copy of *Between Pacific Tides,* by Ricketts and Calvin (Stanford University Press, Stanford, Calif., 1968; $10).

Anything with a flat, clear plastic bottom, such as a bowl, viewing box, or facemask, will help you get a clear view of the underwater life. If you pick up any tide pool resident for a closer look, be sure to put it back where you found it. Above all, leave rocks unturned and try not to crush any organisms when walking through the area. □

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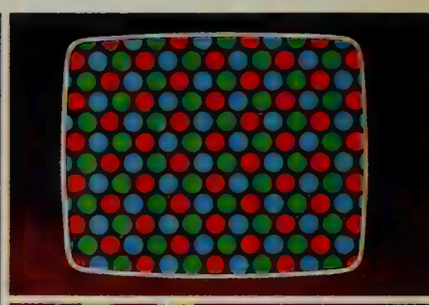

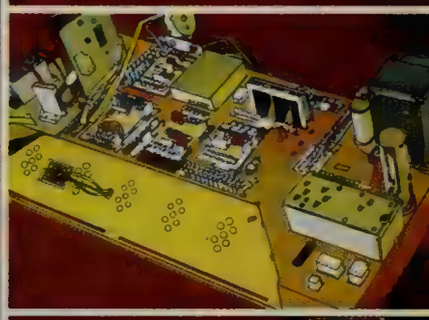

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The picture tube is warranted for [illegible] years from date of purchase.

Labor to install the replacement tube [illegible] covered during first [illegible]year of warranty.

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ZENITH SUPERCHROMACOLOR

Getting to know California's table wines

"I wish I knew more about wines." A great many of us might say it.

The best place to start learning is with the wines of your own country or region. To the Westerner, that means the wines of California—plus the comparatively tiny amount made in Oregon and Washington. And for the purposes of this article, let's limit our concern to table wines. They're more varied than the dessert wines, and people's interest in them is fast increasing.

It's a funny thing, but once you get intrigued by wines, your interest never seems to wane. You're on a perpetual quest: seeking the more perfect wine. The romance of wine appeals especially to a beginner, yet it continues even after long experience. Witness these words by two wine experts on the faculty of the University of California at Davis:

"Part of the charm and fascination of wine and winegrowing lies in the fact that it is possible to find, tucked away in some valley, a little winery producing very fine wines . . . This lends zest to the search for unfamiliar labels and special lots of wine. If one educates and trusts his own palate rather than the pronouncements of wine snobs, one can drink better wine at lower prices by such searching."—M. A. Amerine and V. L. Singleton, *Wine, an Introduction for Americans.*

Educate and trust your own palate. Those are key words.

All wine judging systems eventually boil down to your own estimate of overall quality. But you can arrive at a more balanced judgment if you are able to concentrate separately on some of the elements that a wine presents to your senses. So on page 76 we suggest ways you might teach yourself to sharpen your own wine perceptions.

There are distinguishable differences between the various varieties of grapes that we crush for wine, and California winemakers today capitalize on those differences. The state's early winemakers simply used familiar European names for wine—Burgundy, Claret, Sauterne, Chablis, Rhine wine—even though most of the names originally applied only to wine from a specific region in Europe. California wineries still put these names on wines, but they do something else, too: Since about 1940 they have been naming many of their better wines for grape varieties—giving them varietal names.

The practice is increasing. On pages 79 and 81 we chart 56 wines with varietal names and show which ones are made by each of 75 California wineries. Altogether there are more than 600 varietal wines on our two charts.

Another trend emerging most strongly in the last 15 years or so is the practice of giving a wine a proprietary name (like Baroque, or Paisano) that is neither regional nor varietal. It is simply a name the winery hopes will intrigue the consumer or give him a more vivid idea of the wine's special quality. Since no special guidelines cover these wines, the best way to judge whether they're for you is to try them.

Although it won't tell you the most important thing you need to know about a wine—how it tastes—the label on a California wine gives certain basic information, and there have been recent small changes in California requirements. We explain later in this article.

Winemakers tend to be franker than people might believe. They often admit to making the kind of wine they like to drink. Thus one winery will make most of its white wines with a little edge of sweetness, and another will ferment out all the sugar until its whites are bone dry. One will aim for plenty of tannin in the reds; another will try to mute the tannin. One will keep all appropriate wines in wood as long as possible; another will do it for only a short time.

The moral is obvious, and it gives purpose to your explorations: Look for the wineries and the winemakers whose wines you especially like.

If you visit a winery, don't hesitate to ask which of their wines are best for "putting down" and aging before you drink them. Despite what is sometimes said, the California wines of some years are better than others, although this may vary by region and by vineyard. And some wines will age well whereas others should be drunk soon.

Some winemakers say that the magnum, the double-size bottle, is the optimum size for aging wine. Wines in magnums are more likely to be available at the

Wine judging starts with your eyes and your nose

He's looking at the color of a Gamay Rosé. She's sniffing a Chardonnay—a white—for aroma and bouquet. Tasting comes next. There's also a bottle of deep red Cabernet Sauvignon on the table. Bottle shapes are traditional: at left, for Bordeaux types (including Semillon, Cabernet Sauvignon); center, for Rhine types (Rieslings, Sylvaner) and some Rosés; right, for Burgundy types (including Chardonnay and Pinot Noir)

GLENN CHRISTIANSEN

Step by step . . . how to bring a wine to your several senses

DARROW M. WATT

1. **Squint. slant.** *The first thing is to look at the wine against the light to check clarity and color. Then slant the glass and look at the wine against something white, like a tablecloth*

2. **Swirl.** *Some hold the glass in the hand, some put it on the table to swirl. The idea is to put maximum amount of wine in contact with the sides of the glass, and with the air, before lifting it to your nose*

3. **Sniff.** *This is why so many wine tasters speak of the "nose" of a wine. This is the big test. You're looking for anything good or bad in the aroma (from the grape) and the bouquet (from the winemaking process)*

4. **Sip.** *Not too big a sip, please. You want to be able to swish it all around your mouth, and then maybe suck a little air through it, before swallowing and assessing the aftertaste*

winery than in a store. And if you want to buy some older wine that has been well taken care of, the winery is a good place to look.

Finally, recognizing that even the connoisseur does not focus only on rare (and expensive) wines, we call your attention to California's *vin ordinaire:* the jug wines. These are now available in a wide range of price and quality, with fairly even gradations from the cheapest right up to the point where the varietal wines begin. See page 80.

Ready for some serious tasting?

In the photographs and captions above, we cover the basic ways to use your senses when evaluating a wine.

To sharpen your perception of differences among wines, you might try out a simple taste test on your friends some evening. The tastings should be blind: samples poured from masked bottles, or without tasters seeing the bottles.

The simplest kind of test is the triangular test. This is its basic form: Two glasses of the same bottle of wine (say, a Cabernet Sauvignon) and one glass of a different wine (should be the same color but a different varietal, like a Zinfandel). Which of the three glasses holds the different wine?

All kinds of variations, more and more subtle, are possible. But always try to minimize variable factors.

As triangular tests give you experience and confidence, you may want to pinpoint some of the taste elements of a wine. That is the purpose of the evaluation sheet widely used in professional wine judging. It's not too difficult for an amateur to understand and use, if he doesn't take it—or himself—too seriously.

Scoring a wine is routine for a serious wine judge. But most amateurs hesitate to attempt it because it seems—at first blush—foolish, and loaded with ways to show off your own lack of knowledge.

We're impressed, however, by how amateurs have been able to gain greater expertise and confidence simply by repeated practice with the score card shown at right. Developed in the department of viticulture and enology at UC Davis, it covers 10 factors that contribute to the quality of a wine and assigns each a maximum numerical value. The perfect wine would score 20.

Not only does this score card reveal much about a wine, it also reveals much about why you like or dislike a wine. Your overall rating of a wine may change very little after practice with this score card, but the reasons for your rating will become much more precise.

We cannot overstate the value of beginning your serious tasting in the company

NORMAN A. PLATE

Chew. *Many people can check the astringency—or uckeriness—of a wine (from the tannin) ith a chewing motion in the very ront of the mouth. After chewing and wallowing, move your tongue round to investigate the aftereffect*

Score card. *Each heading is explained in text below. Use blanks to the right (add more columns as needed) for numerical scores and brief comments. Add up points and check totals against ranges at bottom of evaluation sheet*

EVALUATION SHEET

WINE	'69 Zinfandel		'68 Zinfandel	
APPEARANCE 0-2	brilliant	2	very clear	2
COLOR 0-2	too light	1½	medium red	2
AROMA & BOUQUET 0-4	vinous only	2	vinous, faintly varietal	3
ACESCENCE 0-2	none	2	none	2
TOTAL ACID 0-2	a bit high	1	pleasing	2
SUGAR 0-1	dry	1	good balance with acid	1
BODY 0-1	good	1	slightly thin	1
FLAVOR 0-2	medium	1	light, clean	1
ASTRINGENCY 0-2	rough	2	good	2
GENERAL QUALITY 0-2	average	1	average	1
TOTAL		14½		17

17-20 Wine of outstanding characteristics
13-16 Sound commercial wine — no outstanding merit or defect
10-12 Commercially acceptable wine with noticeable defect
0-9 Commercially unacceptable wine

f a more experienced taster. Reading r talking about subtleties like shades f red or the smell of a grape variety can elp prepare your senses, but only ex- erience trains them.

Your eyes, nose, mouth, and sense of ouch (inside the mouth) all work togeth- r in evaluating wine "taste." But very ften, by the time you're through looking t and smelling the wine, your mind is lready pretty well made up.

deal winetasting conditions are shown n page 74: an airy room with good light; ood-sized, slightly tapered clear glasses vith stems; some white background gainst which to view the wine for color; lain crackers for nibbling to refresh our palate occasionally. If you're tasting everal wines, you'll want water for insing glasses and your mouth, and per- aps a waste container for water or wine.

n order that the wine may "breathe" release its bouquet) it should be opened little while before tasting, especially a ed wine.

he 20-point score card

Vith a glass about ¼ full of wine at its uggested serving temperature, you're eady to use the evaluation sheet that ppears at the top of this page. Here it s, play-by-play:

ppearance (2 points). Give the full 2 oints if the wine is *brilliant* with no sign f particles or murkiness (be sure any articles aren't bits of cork). If the wine sn't quite sparkling and has a few float- ng particles, consider it *clear* and give 1 point. If the wine is *dull* or *cloudy*, give it 0.

Color (2). You need some concept of what color is right for a wine.

Acceptable colors for white wines include *yellow*, *gold*, and *straw color*. Some new whites show an acceptable *greenish* cast. Flaws are *amber* tones (accompanied by a Sherrylike odor), or a *bleached* look at the edges from overuse of sulfur dioxide (accompanied by a distinctive odor). Take away 1 point if either of these flaws is noticeable; 2 points if it is pronounced. Or score the full 2 points if the color is acceptable.

A rosé can be a distinct pink and—depending on the grape from which it is made—have a suggestion of red or orange. But violet tints, brown (amber) tones, and a *low red* color (almost as deep as a red wine) are faults.

The color of red wines depends greatly on the variety of grape and maturity of the wine. Pinot Noir may be light enough to describe as *low red*, or light red. New reds and blends often have blue to purple tints, but these *high red*, or deep red, shadings may also come from other factors adversely affecting wine quality.

Medium red is the standard of red wine color and is expected in a Zinfandel or Cabernet Sauvignon. Amber to brown tones might indicate age or perhaps oxidation (with the Sherrylike or baked odor also found in oxidized white wines).

Reduce points only if unacceptable tints or tones begin to predominate.

Aroma and Bouquet (4). Aroma has to do with odors that come from the grape. Bouquet refers to odors that develop after the wine is made. You'll need help in separating these two and in pinpointing what's distinctive.

Aroma may be *vinous* (smells like wine made from grapes, but without varietal character), *distinct* (when some varietal attributes come through), or *varietal* (when the particular grape variety is unmistakable). The intensity of aroma may be *light*, *medium*, or *high*. Give a wine 2 points for being pleasantly vinous, 3 for having some varietal overtones, 4 if it has unmistakable varietal aroma. This score holds if factors in the bouquet don't start taking away any points.

Bouquet is almost impossible to describe positively; only experience makes it obvious. But it is what you smell in the wine that is not the smell of the grape. Negative factors are off odors that might be described as alcoholic, excessively woody, moldy, mousy, corked, or sulfur dioxide. All these indicate that something went awry in the making of the wine.

Acescence (2). This is the term for volatile acid. Do you smell vinegar? If not, give the wine 2 points. If there is a faint vinegar aroma, give it 1. If it is strong, give it 0.

(When judging several wines together, it is wise to rate each one this far down the score card before tasting any.)

Total acid (2). You've now earned your first sip of the wine—but you musn't

We chart the California varietals ...whites (opposite) and reds (page 81)

To get an idea of what's happening to varietal wines in California today, look at the chart to the right (white wines) and the one on page 81 (red wines). Up and down both you'll find a total of 76 wineries, and across their tops are a total of 56 individual varietal names. Since each varietal is produced by anywhere from 1 to 58 wineries, the total number of individual wines produced is a little over 600.

Actually, the 56 don't represent 56 different grape varieties. A particular grape may have one centuries-old and honored name in one country or district and a different but equally old and honored name in another. Wine made from such a grape can therefore rightfully be called by either grape name.

In the chart of white wines, we have grouped together varieties with interchangeable names: Chardonnay and Pinot Chardonnay; Chenin Blanc and Pineau de la Loire; Johannisberg (sometimes Johannisberger) Riesling and White Riesling; Sauvignon Blanc, Blanc Fumé, and Fumé Blanc (though Robert Mondavi Winery claims Fumé Blanc as a proprietary name that it hopes to register for its exclusive use); Sylvaner and Franken Riesling.

Among the reds, Gamay Beaujolais can be a clone, or variant, of Pinot Noir (but the two aren't necessarily interchangeable wine names). The Christian Brothers listing under Gamay Beaujolais is actually a Gamay Noir.

White varietals, *under 32 names, are made by 73 wineries. The wineries are open to visitors regularly unless marked: A (appointment only), B (no visitors), or C (visitors only in tasting rooms at other locations). Number locates main winery by county:*

North Coast and Coastal Valleys	*Central Valley, Central and Southern California*
1. Alameda	9. Amador
2. Mendocino	10. Fresno
3. Monterey	11. Kern
4. Napa	12. Madera
5. Santa Clara	13. Riverside
6. Santa Cruz	14. San Bernardino
7. Solano	15. San Joaquin
8. Sonoma	16. San Luis Obispo
	17. Tulare

Federal regulations require only that a varietal wine be produced at least 51 per cent from the grape that provides its name and predominant taste and characteristics. Some California varietal wines are made with barely more than the minimum requirement, some entirely from that grape. Most California wines carrying varietal names fit between these extremes, with perhaps 60 to 90 per cent of the wine from the named grape.

California has one varietal wine all its own—Zinfandel. No one knows for certain where the grape came from; its duplicate cannot be found in any other wine-producing country. It produces a Claret-type wine with its own character and individuality. More California wineries produce Zinfandel than any other single varietal wine. Interestingly, there are now three brands of white Zinfandel. (Production of a white wine from red grapes simply involves fermenting the juice of the just-crushed grapes without their color-producing skins.)

To the best of our knowledge, the accompanying charts list well over 95 per cent of all varietal table wines produced in California. □

California Varietal White Wines

Almaden Vineyards 5 C	
Barengo Cellars 15	
Bargetto Winery 6	
Bear Mountain Winery 11	
Beaulieu Vineyard 4	
Beringer/Los Hermanos 4	
Bertero Winery 5	
Bisceglia Bros. Wine Co. 12	
Bonesio Winery 5	
Brookside Vineyard Co. 14	
David Bruce 5 A	
Buena Vista Winery [redacted]	
Cadenasso Winery 7	
California Growers Wineries 17	
Cal. Wine Assn. (Eleven Cellars) 11	
Chalone Vineyard 3 B	
Chappellet Winery 4 A	
The Christian Brothers 4	
Concannon Vineyard 1	
Cresta Blanca Winery 2	
Cucamonga Winery 14	
Cuvaison, Inc. 4	
D'Agostini Winery 9	
Delicato Winery 15	
East-Side Winery 15	
Fetzer Vineyards 2 A	
J. Filippi Vintage Co. 13 C	
Foppiano Vineyards 8	
Franzia Bros. Winery 15	
Freemark Abbey Winery 4	
Gemello Winery Corp. 5	
Grand Cru Vineyards [redacted]	
Hanzell Vineyards [redacted] B	
Heitz Wine Cellars 4	
Inglenook Vineyards 4	
F. Korbel [redacted] Sons [redacted]	
Hanns Kornell Cellars 4	
Charles Krug Winery 4	
Llords [redacted] Elwood Winery 1 [redacted]	
Los Altos Vineyards 5	
Louis M. Martini 4	
Martini [redacted] Prati Wines [redacted]	
Paul Masson Vineyards 5	
Mathews Napa Valley Winery 4 C	
Mayacamas Winery 4 A	
Mirassou Vineyards 5	
Robert Mondavi Winery 4	
Nicasio Vineyards 6 A	
Novitiate of Los Gatos 5 A	
Oakville Vineyards 4	
Opici Winery 14	
Parducci Winery 2	
Pedrizzetti Winery 5	
Pedroncelli Winery 8	
Martin Ray Vineyards 5 A	
Ridge Vineyards 5 A	
San Martin Vineyards 5	
Sebastiani Vineyards [redacted]	
Simi Winery [redacted]	
Souverain Cellars 4	
Spring Mountain Vineyards 4 A	
Sterling Vineyards 4 B	
Stony Hill Vineyard 4 B	
Sutter Home Winery 4	
Trentadue Winery [redacted]	
Villa Armando Winery 1	
Weibel Champagne Vineyards 1	
Wente Bros. 1	
Windsor Vineyards [redacted]	
Winemasters Guild 15	
Wooden Valley Winery 7	
York Mountain Winery 16 A	
Z D Wines 8	

(Continued from page 77)

swallow yet. You can't smell total acid, you have to feel it. If the sugar level of the wine (next step) is in harmony with the acid and the amounts are appropriate for the type of wine, your mouth should feel rather refreshed. If the total acid is low, there is a sensation of flatness, flabbiness, or even soapiness. If the total acid is high, there's a sensation of unpleasant sharpness. The intensity of either fault determines how much you take off.

Sugar (1). Again, sugar and total acid must go hand in hand. But if the wine seems overly sweet for the type, this is a fault. And if the wine is overly dry (non-sweet) for the type, total acid will dominate noticeably.

Body (1). This describes the feel of the wine as it is swished about in the mouth. Does it fill your mouth with tastes? Or does it seem thin and watery, or too heavy? Now swallow your wine; does it leave a lingering aftertaste, or is it quickly forgotten? If the wine has the light, medium, or full body appropriate for its type (experience or an expert must guide you), give it the point.

Flavor (2). Does the flavor correspond with the smell of the wine—*fruity, clean, full, balanced*? This is worth 2 points if the wine also smells good; less if there are off tastes such as *metallic, stemmy,*

nnay	Pinot Chardonnay	Chenin Blanc	Pineau de la Loire	Flora	Folle Blanche	French Colombard	Gewurztraminer	Gold	Golden Chasselas	Green Hungarian	Malvasia Bianca	Moscato Di Canelli	Muscat Frontignan	Muscat, Light or Dry	Pinot Blanc	White Pinot	Riesling	Emerald Riesling	Grey Riesling	Johannisberg Riesling	White Riesling	Saint Emilion	Sauvignon Blanc	Blanc Fumé/Fumé Blanc	Sauvignon Vert	Semillon	Sylvaner	Franken Riesling	Sylvaner-Riesling	Traminer	Zinfandel
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GLENN CHRISTIANSEN

Above: *All wine jugs used to look like one at lower left. Now they vary widely. These range from $1.80 to $3.80 a half gallon.* **Right:** *Liter-sized decanter (left) is popular. Special one at right is Swedish*

Red varietals *(including the rose varietals), under 24 names, are made by 74 wineries. The wineries are open to visitors regularly unless marked A (appointment only), B (no visitors) or C (visitors only in tasting rooms at other locations). Number locates main winery by county*

North Coast and Coastal Valleys	*Central Valley, Central and Southern California*
1. Alameda	9. Amador
2. Mendocino	10. Fresno
3. Monterey	11. Kern
4. Napa	12. Madera
5. Santa Clara	13. Riverside
6. Santa Cruz	14. San Bernardino
7. Solano	15. San Joaquin
8. Sonoma	16. San Luis Obispo
	17. Tulare

JUG WINES

Choosing everyday wine-with-dinner or wine-on-a-picnic

Some of us remember that in the 1930's jug wine was what you got when you took a jug back to a winery or store to get it refilled. California's jug wines have traveled a long way since then.

Especially in larger wineries, jug wines are as standardized as modern methods of mass production can make them. But they must also meet quality standards, which are constantly rising.

Jug wines are the house wines in many restaurants. And many people use them as everyday wines at home. They are available for prices as low as $1.30 a half gallon and range upward to almost three times that amount.

What they may lack in sophistication they compensate for in simple and consistent agreeableness. Produced with much the same technical care and skill as the varietals, but at a faster pace, they generally are made from heavy-bearing, less costly grapes. The white, pink, or red wines that go into half-gallon or gallon jugs are made to be drunk without any further aging in the bottle.

Jug wines exhibit considerably less range in character than varietals, but they tend to be more predictable if less exciting. Your challenge is to find jug wine with the balance of sweetness and astringency that you enjoy, along with a flavor that you like.

We don't recommend starting with gallons, or even half gallons—there's too much left over when one doesn't impress you favorably. First, you want to know the winemaker's style; it often shows throughout the winery's line.

Premium wineries that emphasize the production of quite dry varietal wines make jug wines that lean the same way. Others that prefer to make premium wines less assertive will also make similar jug wines. Winemakers who devote their main attention to jug wines usually make them slightly sweet for broadest appeal to general public taste.

The location of the winery and its production capacity also influence the nature of its jug wines. Among the smaller wineries, in areas where rarer and more costly grapes are widely grown, you'll find jug wines with greater variation in flavor and also sweetness-to-dryness. Larger wineries in areas of vast and heavy-bearing vineyards tend to limit their style to suit a mass audience.

The label gives you a little clue. Jug wines generally bear a traditional European or generic name, or a proprietary name made up by the winery; Zinfandel is the only varietal name that appears with any frequency.

Wines with rolling Italian names—Vino Rosso, Capella, Vino da Tavola—fall at the soft and fruity end of the tasting scale. They are patterned after the early maturing Italian red wines. Chianti from the same winemaker tend to be a bit drier or sharper. Burgundy is the most frequently produced jug wine, therefore the one that varies most. Without a label to guide, even the keenest taster would be hard put to distinguish many jug-wine Burgundies from jug wine Clarets.

In white jug wines, you can generally assume that those with Rhine in the name or somewhere on the label are sweetest. Generally Sauterne and Chablis are progressively less sweet, though often almost indistinguishable.

Once you zero in on a winery whose jug wine you might like, why not give it a preliminary test? Buy a fifth of the most similar wine that the winery produces (often it is the same). Cost per glass will be higher, but all other factors are more favorable for testing. Run the wine through the scoring system described on page 77, if you like. But let personal preference prevail above all else. You're the one it must satisfy.

(Continued from page 78)

hot. The taste that lingers in your mouth after you swallow the wine is an important consideration.

Astringency (2). Tannins can make your mouth feel rough or puckery. Limited amounts are acceptable in some whites, not in others. Young reds have more pronounced tannins than mature reds. In astringency, whites might be *smooth*, *slightly rough*. Reds might also be *medium rough*, *rough*, or *very rough*. Either reds or whites might be *soft*, *mellow*, *velvety*, *rounded*, *hard*, or *harsh*. A young red shouldn't be faulted too much for being rough—provided that it is a "big" wine that should age well and appropriately for its type.

General quality (2). Does one sip call for another? Does the wine have what might be called "comehitherness?" How it rates in terms of this kind of appeal is

alifornia Varietal
ed Wines

	Aleatico	Barbera	Black Monuke	Early Burgundy	Cabernet	Cabernet Franc	Ruby Cabernet	Cabernet Sauvignon	Carignane	Charbono	Gamay	Gamay Beaujolais	Grenache	Grignolino	Mataro	Merlot	Mission	Black Muscat	Petite Sirah	Pinot Noir	Pinot St. George	Red Pinot	Royalty	Zinfandel
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st-Side Winery 15							●						●											●
tzer Vineyards 2 A								●												●				●
Filippi Vintage Co. 13 C	●	●						●				●	●					●		●				●
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nilio Guglielmo Winery 5														●										
nzell Vineyards 8 B																				●				
itz Wine Cellars 4		●					●	●						●						●				
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dian Swiss Colony 8																								●
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one measure of its general quality.

But some wine judges also use general quality as one of their "fudge factors" (along with aroma and bouquet, and flavor), especially when dealing in half-points to make a total score come out right. In other words, you might add up all the other points, then use these 2 points to put the wine in the category in which you feel it really belongs.

For straight, no-fudge scoring: If the wine is above average in general quality, give it 2 points; if average, 1 point; below average, 0 points.

For postgraduate tasters

If you and a group of friends want to pursue wine taste tests further, a new small book has many suggestions. It goes into the 20-point score card more thoroughly, also into triangle tests, special tests to isolate taste components of wine, and various ways to stage comparative tastings.

The book is *How to Test and Improve Your Wine Judging Ability,* by Irving H. Marcus (Wine Publications, 96 Parnassus Rd., Berkeley 94708; 1972; 88 pages, $2.25 postpaid).

There's one very simple wine test you can run whenever three or four gather at a restaurant table. Instead of ordering a full bottle of wine with your meal, order two splits, or half bottles, of similar wines. Then hold your own comparative tasting.

For wine label detectives

You can get good clues from a wine label. But they shouldn't be used to support unwarranted conclusions.

Such things as a vintage date, a varietal name, and the term "Estate bottled," however significant, can be overshadowed by other factors—notably the character and quality of the grapes used, and the skill and judgment of the winemaker.

Let's begin investigating the label at the bottom. What company is presenting this wine to the world, and where is it located? Once in a while you'll find a particular wine that has been packaged at a place considerably removed from what you thought was that winery's main location.

Moving up the label, how much of the work on this wine did the responsible winery actually do?

Bottled by means only that.

Cellared and bottled by means the winery did the finishing.

Made and bottled by means, in addition, that at least 10 per cent of the wine was also produced by the winery.

Produced and bottled by means at least 75 per cent of the wine was fermented* and finished by the winery.

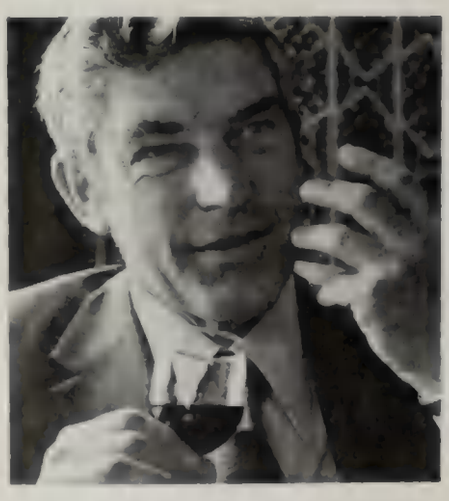
(**Federal regulations used to consider that, for labeling purposes, wine production began with crushing. Now it is considered to begin with fermentation. Many wineries now "field crush" close to the vineyard, then transport the pressed unfermented juice to the winery for fermentation.)*

Estate bottled means the grapes used in the wine were owned and controlled by the winery and were grown in the vicinity of the winery.

We have discussed table wine names elsewhere. But just above the name you

"After the first taste I have less sense of smell —but it's hard to resist tasting."
—Joseph Concannon, Concannon Vineyard

"I don't know what it is about a Cabernet, but it sort of coats your teeth."
—Karl Wente, Wente Bros.



How do winemakers judge wine? To find out we staged a blind tasting

One day last June during a three-day meeting of the Wine Institute, we invited a handful of the enologists and cellarmen in attendance to spend a few minutes tasting and discussing some unidentified wines.

We alternated—two whites for one group, two reds for the next. For all they knew, there could have been some of their own wine. (They weren't.) But without exception the wine men were good sports. They quickly entered into the spirit of things and praised or criticized as forthrightly as they would at such a tasting in their own or another winery. All were so curious that before leaving they asked to see the labels.

As you might expect, they showed practiced skill in the techniques of presenting a wine to their senses—see page 76. (Did you ever try to twirl two glasses of wine simultaneously?) We took pictures and made notes of the conversation. Here we show a few of the winemakers with brief excerpts from their remarks. Their talk is more direct and much less rarified than what you might expect from wine connoisseurs. □

"You can taste five Chenin Blancs and each will taste a little different."
—Edward Mirassou, Mirassou Vineyards

ıy find an appellation of origin such Monterey, or California, or Mountn. These have been slightly affected a recent change in regulations: At ıst 75 per cent of the grapes (95 per nt for vintage-dated wines) still must me from an area that fits the designan, but the only limit on the locale of wine production is that it be done the same state.

ɔes the label show a vintage date? To ıny winemakers, one of the most imrtant changes in federal regulations rlier this year concerns vintage-dated ne. No longer is it necessary to use ly wine of the same vintage to top—or fill up—casks when replacing losses by evaporation; the winemaker may now use as much as 5 per cent of wine from another year.

Finding the wineries

With full information on which wineries welcome visitors, when they're open, and how to find them, the free booklet *California's Wine Wonderland* is available from the Wine Institute, 717 Market St., San Francisco 94103.

The most comprehensive guidebook for winery visitors is the *Sunset* book, *California Wine Country* (Lane Books, Menlo Park, Calif., 1968; $1.95).

For somewhat more historical background on wines and individual wineries, you might consult *Guide to California Wines,* by John Melville, new and revised edition by Jefferson Morgan (Nourse Publishing Co., San Carlos, Calif., 1972; $2.95 paperback).

And if you'd like to look in on some of the wineries in Washington and Oregon that make table wines (and often also fruit or honey wines) enclose a stamped, addressed envelope and send your request for "Northwest Wineries You Can Visit" to *Sunset Magazine,* 1009 Tower Bldg., Seattle 98101.

Happy tasting! □

"The first wine was much bigger and in much better shape; it has all of its muscles."
—Rodney Strong, Windsor Vineyards

"Getting the bouquet is like the first look when you're introduced to a new girl."
—Frederick E. Weibel, Weibel Champagne Vineyards

GLENN CHRISTIANSEN

"Of the two, I'd say this would be the better spaghetti wine."
—Myron Nightingale, Beringer Bros.

ometimes you're better off take a light sniff the bouquet ther than putting your se right into it."
Robert Mondavi, bert Mondavi Winery

"At mealtime I often drink a wine without feeling I have to judge it. It's not great; it's not bad. You just drink it."
—Louis P. Martini, Louis M. Martini Winery

"The more you know about wine, the stronger are your individual preferences."
—Michael Biane, Brookside Vineyard Co.

"It's oxidized—looks brown, smells brown, and has that dark brown taste."
—Joseph Heitz, Heitz Wine Cellars

"You always come to a preliminary estimation just on appearance and color, then on the smell."
—Dr. James Guymon, Professor of Enology, UC Davis

Classic clowns: *Young man at left, reminiscent of Emmett Kelly, has a red bulbous nose (25 cents at joke store), huge grin; his sister sports a downcast mouth and worried eyebrows*

Who he?

Children like to change character for Halloween. With a little make-up almost anything is possible

Cold cream *goes on first. Smooth on an even coat with sponge or fingers; remove excess with paper tissues*

Becoming something else is one of the things kids like best about Halloween. And with a little help they can assemble a simple make-up kit that will transform them into as convincing a clown or ghoul as you'd ever expect to see. (And make-up is safer than a mask because it won't slip to block vision during a trick-or-treat outing.)

We tried out the idea in our studio and found that younger children need adult help. The older ones were putting faces on each other, and some were soon doing it themselves with the aid of small standup mirrors.

Supplies. You may already have cold cream, eyebrow pencils, lipstick, powder, or rouge. For unusual effects and more colors, visit a theatrical make-up store (check "Theatrical Make-up" in the yellow pages). Add-ons such as big noses, clear glasses, or mustaches, can be found in a costume or joke store.

Some caution: If you're worried that a child's skin might be sensitive to make-up, you should buy hypoallergenic cosmetics at department stores or pharmacies. Be careful at all times to keep make-up from getting too close to the eyes and mouth. Help younger children when they're working in these areas.

How to apply. Theatrical make-up is applied in much the same way as cosmetic make-up, but with exaggerated results. First, cover the skin completely with a thin layer of cold cream. Its smooth surface makes application and removal of the make-up easier. Remove excess cream.

Next, apply a base make-up (sometimes called pancake) with a small sponge. It comes in many colors: white for clowns, ghosts, and rabbits; black for the cat family, from pussies to panthers; and dark brown for raccoons. Professional actors usually pat on a loose translucent powder as a sealer (use an all-white powder for clowns). If the powder mutes the colors, add more color on top.

The decorative stage. For large patches of color, make streaks on the face with grease paint sticks. Then carefully blend the streaks together with your fingertips.

For line work, use a soft eyebrow pencil or make-up crayon. You can make facial lines where you wish; for definition, outline large color areas. We did this around the clown's mouth in the large picture at left.

Cleaning up. To remove the make-up, dab on large amounts of cold cream and gently wipe off the color with paper tissues. When most of it is removed, wash with soap and water. Now you're back to your original face. □

DARROW M. WATT

For raccoons, *use brown base make-up, with black grease paint around the eyes; white nose tips are made with white grease paint stick and accent lines are made with a soft black eyebrow pencil*

GERALD R. FREDRICK

Opaque white *make-up blocks out all facial characteristics, lets you start anew. Use a black grease paint stick to draw on a giant eyebrow*

Nine-year-old *pats on glitter with her fingers. It sticks easily to the base make-up but some falls on the floor (use newspapers)*

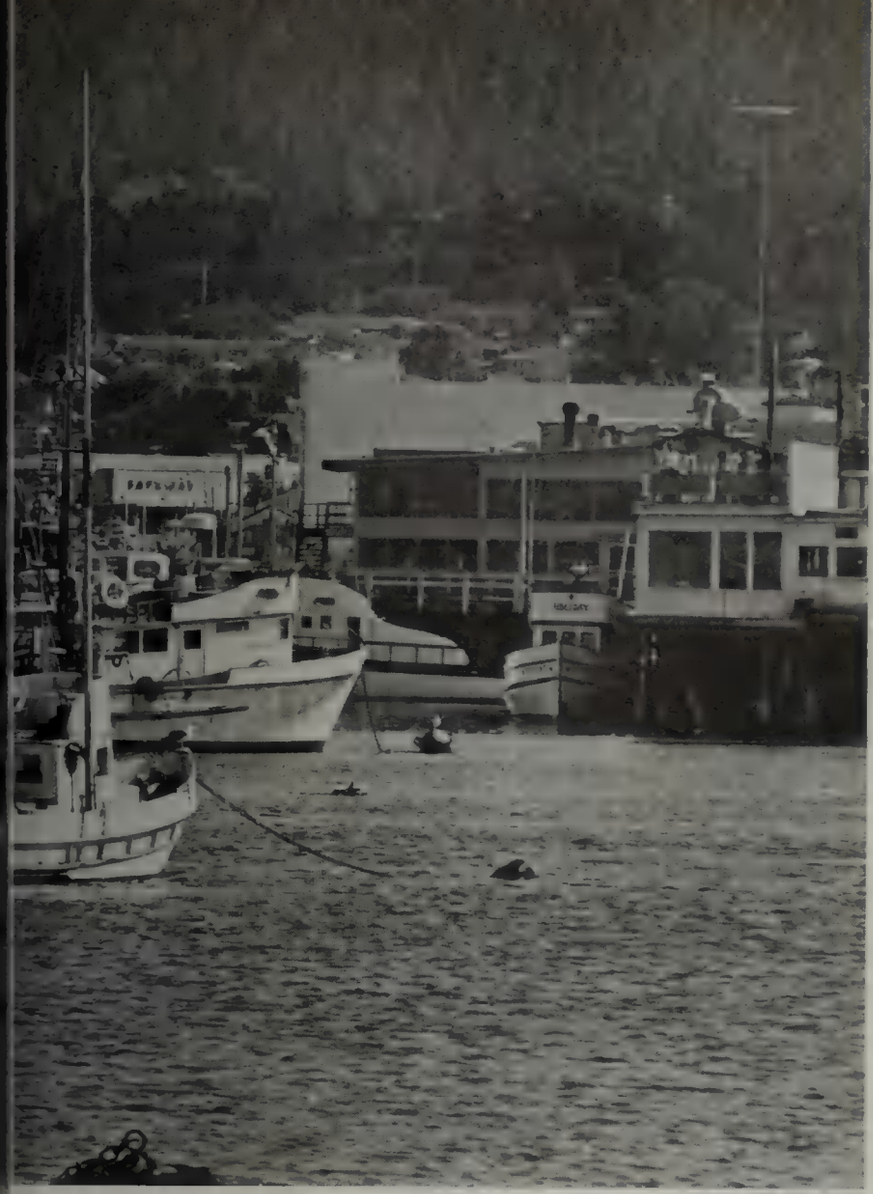
Classic *Monterey waterfront scene: fishing boats, wharf, and pier. The city climbs forested hills in background*

Overhanging eaves *and a thick coat of lime plaster protect fragile adobe bricks of many old buildings*

NORMAN A. PLATE

Children *reach for silvery spray as they cluster around new fountain in Custom House Plaza*

Early *Monterey badmen were locked up behind heavy iron bars in this dark and dismal old jail*



GLENN CHRISTIANSEN

GERALD R. FREDRICK

Restaurant *in old adobe building serves Mexican food. Diners on patio are surrounded by statuary, ivy, hanging plants*

What's new with old Monterey?

A walk through the old town turns up surprises

Many of the old adobe buildings and Spanish-style gardens that formed the heart of Monterey under Mexican rule in the 1830's are still there. And if you haven't explored the town for a few years, you'll find welcome surprises.

There's a new brick-paved pedestrian plaza—the first step of a large urban redevelopment to replace some downtown eyesores. And new walkways and automobile routes make it easier to get around to the waterfront and nearby historic buildings.

Now is a good time to rediscover old and new Monterey. Crushing summer crowds are gone and traces of morning and evening fog brace the usually warm October days.

The wharf

The jumbled buildings perched on pilings that comprise Fisherman's Wharf still house restaurants, fish stalls, shops. From State Highway 1, take the freeway exit directing you to the wharf. There is ample free and metered parking, and since through traffic is now routed in a new tunnel under the plaza, a visit to the wharf is easy.

Although marine-related businesses on Fisherman's Wharf have diminished over the years, open-air fish markets still feature halibut, clams, squid, mackerel, and other fresh fish and shellfish in season. You can take a 45-minute cruise of Monterey Bay to see boats of every variety, sea lions, general views of the town, and Cannery Row (see *Cannery Row is ever changing,* page 94 of the October 1971 *Sunset*). Sightseeing cruises are $1.50 for adults, 75 cents for children ages 6 through 12. Sport-fishing boats make early morning fishing trips; you can get reservations on the wharf. You'll find no less than 12 restaurants, all with a bay view, art galleries, jewelry and other craft shops.

The Custom House Plaza

At the entrance to Fisherman's Wharf stands Monterey's oldest building, the Custom House; it contains a display of an early ship's cargo.

The Pacific Building, a massive adobe structure across the plaza, houses displays of California history and American Indian artifacts. The Custom House Plaza with its adobe walls and benches

is reminiscent of early California plazas and is occasionally the scene of fiestas and outdoor displays.

The plaza and adjacent walkways are the most tangible evidence so far of the Monterey plans for a redesigned downtown. Along with a hotel, conference center, and parking structures to be built on the cleared land and scarred hillside that you now see south of the plaza, plans call for a historic street near the waterfront that would incorporate private buildings of historic interest, and include shops and restaurants. Walkways and gardens will connect the historic buildings on Pacific Street, making it part of a projected pedestrian "path of history."

A historic tour

Monterey's great asset is its heritage of more than 30 adobes dating from before the Gold Rush. It is this visible history that gives the town its special charm.

The old structures along the 3-mile Path of History give motorists a look at the interesting marriage of Spanish building techniques with some New England design ideas. Signs in front of the old buildings briefly outline their past. Many adobes with long verandas and balconies are private offices, clubs, and homes. A few have been converted to shops.

Begin the Path of History car tour at the wharf; signs and the red stripe painted on the streets will return you to your starting point.

Our map outlines Monterey's Path of History, but the shaded portion is best toured at a slower pace. We suggest you park your car, perhaps near the corner of Calle Principal and Jefferson Street, and walk these few blocks.

The Cooper Molera adobe at the head of Alvarado Street has fragile exposed adobe bricks in its surrounding walls; you can see how winter rains caused many old adobes to melt away. At the corner of Jefferson and Calle Principal you can tour the beautifully furnished Larkin House. If it is closed or if you are in a hurry, at least peer through the windows, noting the thick walls, interior shutters, and splayed window jambs. Walk through the garden with its tile-capped chalk rock wall, and examine the peeling lime plaster covering the adobe bricks on the Sherman Headquarters. The Monterey Peninsula Museum of Art and the Allen Knight Maritime Museum are just a few doors away.

The impressive building across Pacific Street is Colton Hall, where California's state constitutional convention was held in 1849. It's open to the public, as is the old Monterey jail behind the hall. Friendly Plaza on the corner of Pacific and Jefferson streets is a quiet place to rest. There are some small private adobe houses on the thickly shaded streets behind the plaza.

The Monterey area boasts restaurants in great variety. In this walking area you can dine in two historic adobes: Sancho Panza Mexican Restaurant serves Mexican food for lunch or dinner indoors or on the patio, and stylish Gallatin's on Hartnell Street is open for dinner only.

Other destinations

Several other attractions are along the Path of History.

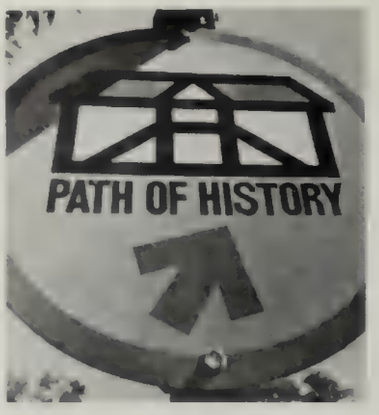
Children will especially enjoy quiet El Estero Park along Camino El Estero, where they can feed ducks and other waterfowl. Dennis the Menace Playground is nearby, and shady trees and a few tables make the park a good place for a picnic lunch.

Robert Louis Stevenson once lived in Monterey, and on a guided tour of the Stevenson House on Houston Street you will see clothing, toys, home furnishings typical of the late 1870's, as well as Stevenson memorabilia. There is a pleasant garden behind this large adobe.

You might want to end a Friday or Saturday visit to Monterey by attending an old-time melodrama or English farce at California's First Theater on the corner of Pacific and Scott streets. Performances begin at 8:30 P.M.; admission is $3 for adults. Admission was $5 for the first performance in the mid-1800's, so you can consider today's show an entertainment bargain.

Many of the historic buildings in Monterey are part of Monterey State Historic Park and are open from 9 A.M. to 5 P.M. daily. A single fee of 25 cents for adults over 18 admits you to the Larkin House, Stevenson House, Pacific Building, and First Theater. Guided tours of the Larkin House and Stevenson House are given on schedule. For details and a brochure, write Monterey State Historic Park, 210 Olivier St., Monterey 93940.

The Monterey Peninsula Chamber of Commerce, 1430 Mark Thomas Dr., Box 1770, Monterey 93940, can provide you with a map of the Path of History and information on restaurants, accommodations, and other Monterey attractions. □



Signs *and stripe on streets guide you past historic buildings*

Arrows *show Path of History; dots are historic buildings. Shaded circle marks area for an easy walk*

Customer *ponders the selection of rock cod and other fish available at wharf fish market*

GERALD R. FREDRICK

Wagon wheels, *rope, and tools make up display of ship's cargo at Custom House*

Low arched *doorway admits visitors to Larkin House garden. Grapevines spill over chalk rock wall*

GLENN CHRISTIANSEN

Fast chase *across swinging bridge delights young visitors to Dennis the Menace Playground*

Old cargo in the Custom House, song and dance in First Theater, fresh fish on Fisherman's Wharf

NORMAN A. PLATE

Olio entertains *First Theater audience. Piano accompanies singers and dancers*

oi swirl *to the surface f a San Diego garden pool. ypes are named by apanese breeders for color nd body traits. Moving ockwise from the upper left and corner are: platinum hiro-ohgon, multicolored howa-sanke and Aka-bekko, range-ohgon, white Shiro-muji. wimming in from center right a gold Doitsu-harewake. ooking at you is multicolored eni-kujaku. Swimming out of e photo at lower right is a i-matsuba-ohgon. The three hite and red fish in the center e Kohakus. The black on ellow is a Ki-bekko. Curved ound the air bubble at ft is an Aka-bekko*

FNN CHRISTIANSEN

KOI

The colorful Japanese fish that are pets. You can pat them on the head. They will eat out of your hand

he fish with striking colors that you see at left are family ets. They come when called, follow their owners as they alk around the pool, allow themselves to be petted, and will ke food from outstretched fingers. They'll outlive almost ny other kind of pet, maybe even you. They don't bark, ite, or tear up the garden.

hey're carp (*Cyprinus carpio*), not goldfish, which are only elatives. But they have common names more descriptive f their magnificent colors or patterns: living jewels, flower arp, brocade carp, fancy carp. They're also called samurai r warrior fish, but not because they're belligerent or fight mong themselves. Rather, it's because of their reputation as rong, determined swimmers able to negotiate rapids and scend waterfalls. Carp have long been associated with suc- ess and masculinity in China and Japan. In Japan, on the Iay 5 celebration of Boys' Festival Day, households fly oth and paper carp kites, one for each boy in the family.

efore 800 A.D., common carp were cultivated in Japan (even arlier in China) for food. The Romans were believed to ave introduced carp to Europe. Carp were brought to North merica in the 1870's. A few offspring of the common carp eveloped bright colors. This intrigued some Japanese, specially rice and cattle farmers in an isolated mountain rea northwest of Tokyo, now Niigata Prefecture. In the 800's breeding and selecting became an intensive and highly ompetitive pastime for the farmers in their off hours and hen snow stopped normal work. Each man tried to outdo is neighbor by developing fish more dazzling in color or nusual in pattern.

nterest in carp breeding didn't reach the outside world, owever, until 1914 when some colorful specimens were xhibited in Tokyo and several were given to Crown Prince irohito. Such fish had never been seen before outside the illages of the carp-growing region.

apan is still the main source of colorful carp, though pro- uction is no longer confined to the mountain farming area here it all began. And now there are growing numbers of reeders in Hawaii.

oi is carp in one, two, or three colors

he Japanese word for carp is *koi*. Sometimes the terms are sed interchangeably—fancy koi or fancy carp. They're often alled *Nishiki-koi*. The fish also get Japanese names for their olors. One-color koi are: white (*Shiro-muji*), red (*Aka-muji*), ellow (*Ki-goi*), gold (*Ohgon*), orange (*Orange-ohgon*), and platinum (*Shiro-ohgon*). Single color koi are not only differentiated by color but also by whether the color has a flat or metallic appearance. If the color designation is followed by either *muji* or *goi* the color is flat. If followed by *ohgon* (or *ogon*) it's metallic.

Koi with two colors are: red on white (*Kohaku*), black on white (*Shiro-bekko*), white on black (*Shiro-utsuri*), black on red (*Aka-bekko*), yellow on black (*Ki-utsuri*), and blue on top with orange or red underneath (*Asagi*). Here *bekko* means tortoise shell, *utsuri* means reflection. The three-color koi are either white with black and red mottles (*Taisho-sanke*), or black with white and red mottles (*Showa-sanke*). *Sanshoku*, which means three colors in Japanese, may replace *sanke* in the name.

Besides the variation in color and pattern, there are also variations in scale formation. Some koi have typical carp scales, others called *Doitsu* koi (German koi) have rows of large scales or are scaleless.

Care and feeding of koi

Despite their exotic coloration, koi are not tropical fish.

They're surprisingly hardy and can be raised outside in all but the very coldest climates. They adapt to water tempera-

You'll have them *eating out of your hand. Don't worry, koi won't bite you*

ature between 40° and 90°, though 65° to 70° is best for maximum growth. When water freezes, the main precaution is to keep an opening in the ice for oxygen.

Koi are heavy users of oxygen, especially at night and in warm temperatures. Some form of aeration of the water such as a waterfall or bubbler may be needed, particularly if the pool is crowded.

Koi will eat both animal and vegetable foods, either fresh or dried. They require a balanced diet for fast growth and most brilliant coloration. Pet shops mainly sell prepared koi food that you can supplement with shrimp, crab, various worms, bits of meat, lettuce, cabbage, carrots, watercress, and cooked egg. Koi owners seem to have their own special menus. You feed about the amount your fish will eat in five minutes, taking care not to overfeed. Mealtime is once in the morning and again in the late afternoon, though some owners feed once a day. Overfeeding tends to foul the pool water with uneaten matter that sinks, decomposes, and encourages the formation of algae.

Many koi owners use a pellet food that floats. It encourages the fish to come to the surface to eat, and uneaten pellets don't sink. When the water temperature goes above 90° or below 40°, stop feeding. The fish aren't active then and require little or no food, though some lettuce twice a week is beneficial.

Pool size and water clarity

A koi pool can be any size or shape, as you can tell by looking at the pictures here. However, depth is important—no shallower than 18 inches and ideally between 24 and 36 inches, or deeper. It also must be large enough so the fish have room to swim—at least 10 feet across. An ideal pool would be concrete with an 8-inch-thick base and 6-inch thick walls. It would have shallow places for feeding and fish watching and deeper water where the fish can go when surface water heats up or starts to freeze—or to escape a predator like the family cat. Koi don't mind a change in water temperature if it's gradual. There's less temperature fluctuation in deeper pools.

Place the pool where it gets some shade. This is both good for the fish (colors tend to be richer and deeper in shade) and will also keep down the formation of algae.

If you really want to enjoy your colorful koi, pool water should be as clear as possible. It's not that koi or carp necessarily prefer clear water; after all, in nature they're bottom feeders in lakes and streams. But domesticated koi seem to be bothered less with pests and diseases in clear water. One reason is you can spot a problem before it gets out of hand.

Water filters will keep pool water clear. But we've seen pools that are absolutely crystal clear and have no filters. Water is simply circulated so that fouled water is naturally forced up a pipe from the botton and flows out a spillway.

Walter Pagels of San Diego lets the roots of water plants filter the water in one of his koi pools. It works like this: Water from the main koi pool is pumped up to a waterfall that pours over a hillside. It is aerated as it spills down over rocks into a smaller pool with water lilies. Here large particles of debris settle out to nourish the lilies, and the cleaner water passes over a spillway and travels down a 16-foot-long, 6 to 8-inch-deep stream bed filled with water hyacinths. A fantastic root network traps even more debris. This helps nourish the water hyacinths and encourages good blooms. Small crustaceans introduced into the stream bed with the water hyacinths feed on algae that otherwise would make the water green.

This kind of natural filtration system is difficult to design and construct, so you may choose to rely on a pump and filter system. Many commercial filters are available with suitable pumps. Some koi owners have made their own filters using old bathtubs and garbage cans. They've improvised sand filters or used air conditioner filters.

David and Janet Suter, also of San Diego (and the owners of the koi in the color photograph on page 90), use one of the commercial swimming pool pumps and filters (cost was about $200) for their 12 by 17-foot pool. The filter is backwashed whenever the sand (number 12 silica sand) needs cleaning. This simply reverses the flow of water back through the filter to flush out the accumulation of debris. When backwashing fails to clean the sand, it's changed. Fresh water is added about once a week—slowly, so the chlorine can dissipate. Only about a fourth of the pool water is added at a time from the tap. Additional water, if needed, comes from a smaller pool which is filled with tap water and allowed to stand three days before it's pumped into the main pool.

At night the Suters turn off the main pump and switch on a smaller pump that bubbles air into the water. A power failure of any duration can mean trouble, especially if a pool is fairly heavily stocked with koi. If it happens, you can use a battery operated pump, or churn up the water yourself to get oxygen into it.

Koi prices

There are koi collectors just as there are collectors of art, antiques, and vintage cars. But if you've become accustomed to hearing about astronomical prices paid for art masterpieces, you may be astonished to hear of a fish with a market value of $20,000 or $30,000. It's rare, but not uncommon in Japan to pay $4,000 to $5,000 for a top breeder koi.

The top prices paid in the United States are about $700 to $1500 (two koi recently sold in California for $3,500 and $5,000). But as with cars, you don't have to buy the best of the line to enjoy driving. You can buy pond koi (as opposed

Koi need swimming room. They can take the cold. They appreciate shade

DARROW M. WATT

Daily *at 3* P.M. *Mrs. Fred Lowell, Jr., of Oakland feeds the 132 koi that live in her pool*

NORMAN A. PLATE

Koi live *in pond within easy view from narrow deck and breakfast room of the Allan E. Lees of Menlo Park, California. Pool is in a fenced entry court*

Gathered *near zigzag bridge, these are some of a Tucson pool's 200 koi. Owners are Mr. and Mrs. Walter Tatsumi*

Cats, raccoons *kept from koi by battery-charged wire in garden of W. Henricks and R. Biondi, San Francisco*

› show koi) for as little as $2 each. You can buy good qual-
y koi, 6 to 12 inches in length, for $5 to $20. It's best to
ecide how much you will pay for one koi, then buy one
ood fish at that price from a reputable koi dealer and fill in
ith smaller and cheaper fish.

' there is a koi club in your area, you might join it. More
nowledgeable members will help you in your purchases and
ecommend the best dealers. You'll also learn about pests
nd diseases and how to prevent or cure them.

oi clubs sponsor shows where you'll be able to learn what
akes a show winner and which fish are considered best in
eir class. For a list of Western koi clubs, koi dealers, and
ublic displays of koi, send a stamped, addressed return en-
elope to Koi Editor, *Sunset Magazine*, Menlo Park, Calif.
4025. You'll find a list of places to see some spectacular
oi collections in Hawaii on page 42. □

Judges *at Golden Gate Carp Society show study koi for body form, color*

Sixty-five *koi share pool with goldfish, bluegill, catfish, river carp. Built by owner, Dr. John Cottingham, San Jose*

Here come the bikeways

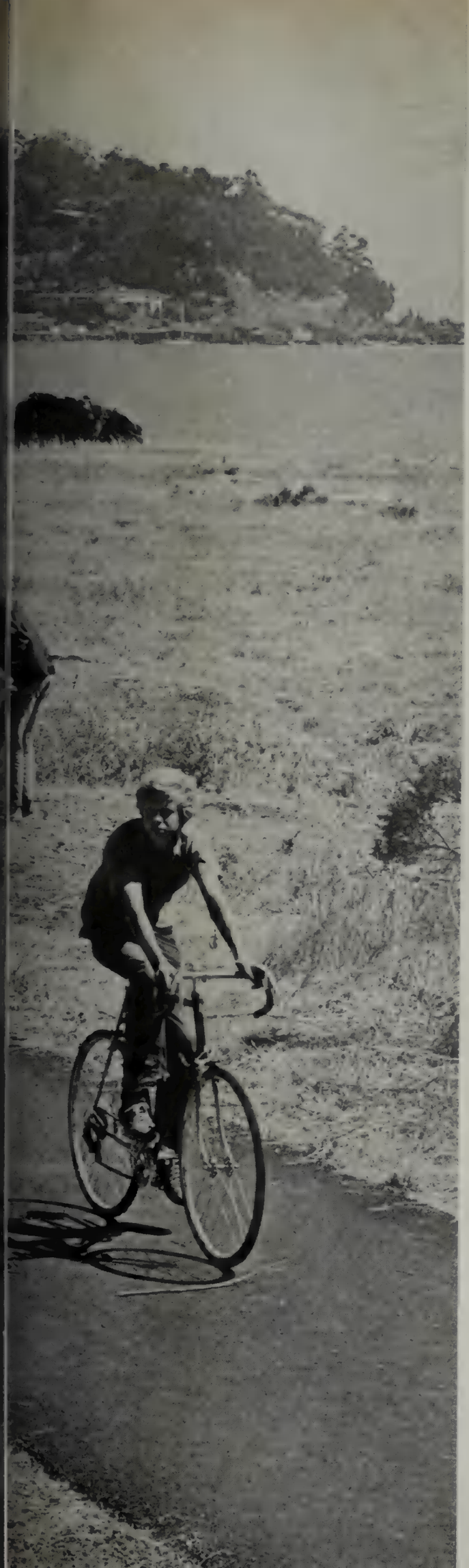
If your community has not yet faced the realities of the adult bike boom, this report may be helpful

DON NORMARK

Over and under *obstacles: Bicycle bridge (above) skirts narrow auto bridge over slough in Mill Valley, California. The path in Eugene, Oregon, (right) is cut under railroad tracks*

New bike path *in Tiburon, California, (right) follows abandoned railroad right-of-way along Richardson Bay. Federal Department of Housing and Urban Development shared cost with town*

NORMAN A. PLATE



A. SALBOSA

Simple bike lane *in Lanikai, Oahu, (left) is marked by painted line on road; cars now go one way only. Curbed lane in Davis, California, (right) adds still more protection for cyclists*

RICHARD C. DAWSON

Bike path *in Sausalito, California, (left) is separate from both auto and pedestrian traffic. Southern California's San Gabriel River path (right) is across river from freeway*

There's something new on the Western landscape—a rapidly growing number of paths, lanes, or streets planned especially for bicycles. These bikeways are the West's response to the recent boom in cycling and to the interest in bikes as desirable forms of day-to-day urban transportation.

Bikeways are being built, planned, or debated in scores of towns and cities—possibly yours is among them or soon may be. It's a matter of safety and convenience. As more and more adult cyclists have moved into already crowded vehicle corridors for commuting, shopping, or just leisurely neighborhood riding, accidents have soared. Planners, cyclists, and concerned motorists are searching for solutions against a backdrop of limited funds and limited bikeway technology.

New bikeways are opening weekly, some with startling success. On these pages, you can see how some communities in the West are learning to accommodate the flood of bicycles coming their way in the 1970's.

There are three kinds of bikeways:

Bicycle routes are simply lightly traveled streets marked with signs encouraging bicycle use and cautioning motorists. They're a common and inexpensive first step, but often only roundabout ways to major destinations. Cyclists sometimes ignore them.

Bicycle lanes along streets are reserved for bikes only, with automobile parking prohibited (often a sore point). They're usually marked off with a painted stripe on the road, more a psychological than physical protection unless drivers and cyclists are fully alert—and unless traffic laws are rigorously

Curb *and sign in Tiburon pathway force cyclist to dismount and walk across dangerous intersection*

NORMAN A. PLATE

enforced. Some communities—such as Davis, California, and Allentown, Washington—have added curb barriers, but intersections still remain dangerous.

Bicycle paths are completely separate from vehicle traffic. The safest, most effective, and most costly type of bikeway, they're becoming more evident where streets are particularly dangerous. And their effect is most dramatic when they go over, under, or around such major obstacles as intersections, waterways, and arterial roads.

Some of the most promising potential bike path locations are along existing rights-of-way. Orange and Los Angeles counties in Southern California have opened new bikeways along the banks of flood control channels of the Santa Ana, San Gabriel, and Los Angeles rivers. In Oregon, Eugene's riverfront bikeway runs the length of town. Utility and abandoned railroad rights-of-way are being considered in several areas.

Where to get help

Perhaps most important, the Federal Highway Administration is willing to help finance bikeways within new federal-aid highway projects. New laws appropriating gas tax funds for bikeways in Oregon, Washington, and California should attract even more matching aid. Other Federal sources include the Bureau of Outdoor Recreation's Land and Water Conservation Fund and, to a lesser extent, Housing and Urban Development's Open Space Land Program.

The usefulness of bicycles is also being extended by experiments in mixed-mode travel. California's Alameda-Contra Costa Transit District has begun limited-schedule bicycle-carrying buses across San Francisco Bay Bridge, where bicycles are banned. BART, the San Francisco area's new rapid transit system, has secure bike lockers in several of its stations. And several Western ferries welcome bikes on board.

Safer bike racks and parking facilities are encouraging more commute bicycling. Cyclists around the West are encouraging mandatory, statewide registration laws to help prevent theft and to finance police stolen-bike recovery programs.

Bikeways alone won't prevent accidents. Worried law enforcement agencies are rapidly expanding their bike-safety programs, attacking what one Southern California traffic engineer calls the "attitude problem" between bikers and motorists. And police are beginning to crack down hard on careless cyclists who ignore such basic traffic restraints as red lights.

After a cautious period of testing and development, however, bikeways appear to be justifying the cost and effort they require. They're safe if well designed, and popular if well located. In coming months, white-on-green bikeway signs will become increasingly common throughout the West. □

Signs, paths, tunnels, parking, signals, buses, all designed for bikers

RICHARD C. DAWSON

Bikers *ride two-way intercity path along beachfront in Venice, California. Built with aid from Federal Bureau of Outdoor Recreation*

Signal *actuator near curb is within easy reach of Davis cyclist, encouraging safe intersection stop*

Mixed-mode *travel extends bike's use. Special bus rack allows cyclists to cross otherwise impassable San Francisco Bay Bridge*

DON NORMARK

Two generations of cyclists *speed through twin tunnels under roadways on way to market in Sunriver, Oregon. Recreational community was designed to make bike a major means of travel*

At any journey's end, *well designed parking racks can discourage theft. Left: coin-operated, lockable rack at Stanford, California, shopping center. Right: concrete rack with sturdy steel chains at Portland State University*

Children *watch sculptor shape baker's clay before they begin their own designs*

Late in October a remarkable fountain sculpture is scheduled for unveiling in the plaza of San Francisco's new Hyatt on Union Square Hotel at Post and Stockton streets. This preview look at the fountain in the sculptor's backyard shows how it was put together.

The work is made from 41 cast bronze bas-relief panels that wrap around a cylinder more than 14 feet across. The panels depict the city in intimate—and often highly amusing—detail. A panorama of San Francisco scenes, oriented to the compass, unfolds as you walk on the steps around the sculpture. On top a dome-shaped water spray rises 6 feet.

The sculptor is Ruth Asawa, whose San Francisco civic design credits already include fountains at Fox Plaza and Ghirardelli Square. But Ruth Asawa's new work is a participatory sculpture. Volunteer artists Mae Lee, Sally Woodbridge, and Iako Lanier Cuneo spent many hours helping make the joyful little figures. San Francisco school children and even some of the artist's dinner

Portion *of can lid inscribes fin detail onto basic form of mermaid*

Ear *goes onto head of reclining pig. Brushed-on water holds it in place*

Ready *for oven, mermaid with braids, scales, and diver's watch has loop attached for hanging*

San Francisco sits for a new portrait.

Children helped sculptor Ruth Asawa do the wor

guests also helped.

The technique is a simple one, shown in the pictures below. It begins with figures made from baker's clay—a stiff dough mixture of 4 parts flour, 1 part salt, and 1½ parts water (despite its name, it's not edible).

The dough is hand-molded into the rough shape of the figure. Eyes, ears, and other protrusions are made from smaller pieces of dough, moistened with water, and pressed onto the basic form. Simple tools—serrated joining nails, ridged coin edges, toothbrush bristles—add detail. Squeezing a lump of dough through a garlic press gives fine hair strands or a grass skirt. Slender limbs can be stiffened with wire or toothpicks.

Miss Asawa's baker's clay figures were assembled on large panels and allowed to air-dry. (To preserve finished figures you make with the same technique, oven-bake at 325°–350° for about an hour or until done; then coat with clear plastic finish.) Molds of the completed fountain panels were then made for bronze casting by the San Francisco Art Foundry.

The concrete-lined fountain was the concept of Charles Bassett, Larry Doane, and Lew Desch of Skidmore Owings & Merrill, architects for the Hyatt Hotel. It will be dedicated to the children of San Francisco. (Miss Asawa has been a key figure in experimental art involvement programs in the city's schools.) To honor her many helpers (the youngest was 3, the oldest 88), the sculptor has left the new work unsigned. □

GLENN CHRISTIANSEN

Sculptor *Ruth Asawa holds finished clay form for sculpture's opera house panel. It shows proscenium arch, conductor, musicians, leaping dancers*

Sculpture *takes shape in artist's yard. These are southern panels: Market Street diagonally divides Civic Center (top), Fillmore, and cable car turnaround (center), from everything south of Market*

fountain sculpture

Unveiling is in October

Let's not overstate.
Let's just tell it as it is

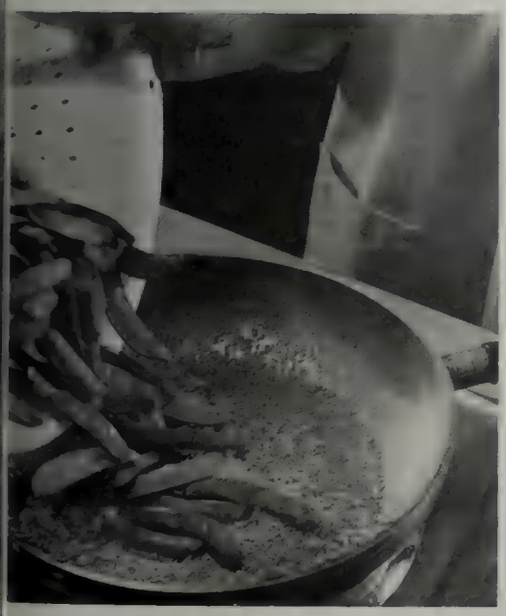
Snow peas are a minor wonder

You eat *crisp pod, tender peas inside, but not side strings. Or you can remove strings before cooking*

Gardener *prepares bed for edible pod peas. Trench is 12 feet long, 1½ feet wide, [illegible] deep. This depth is not essential, but it gives peas good drainage, gives all root space*

At harvest *time, peas have climbed 6 feet up chicken wire nailed to 2 by 2-inch stakes 6 feet apart. At this stage, peas need picking every two or three days*

DARROW M. WATT



Pour *washed edible-pod peas into hot pan with melted butter and water. Cover and steam 1 to 2 minutes*

Among the minor wonders of Oriental cooking are the tender, crisp peas you eat pods and all. Known as Chinese peas, snow peas, sugar peas, or edible-pod peas, they may be hard to find at the market where you shop, and then they may be expensive. But you can grow your own. A 12-foot bed planted thickly will produce more pea pods than most families can use.

In the mild-winter West you can plant now instead of early spring, and plants will produce peas earlier and over a longer period.

Two kinds are usually available in garden stores or through mail order seed catalogs. 'Mammoth Melting Sugar,' a climbing form; and 'Dwarf Gray Sugar,' a bush form. The bush form takes less vertical space, but produces fewer pods; plants may produce more if given 1 to 3-foot supports. The climbing form requires sturdy support—plants may reach 6 feet or more, and they're heavy. Train them up poles, poles and strings, chicken wire, or string trellises. Tie climbing peas to their support every 1½ feet of growth for extra steadiness.

Many gardeners have grown satisfactory crops by digging only the top 10 inches of soil, working fertilizer and compost into it, and adding more fertilizer periodically if plants seem stunted. But for a bumper crop, particularly in areas that become hot early in spring, try this variation of French intensive gardening (a method described on page 78 in last month's issue of *Sunset*). Dig out soil in a trench 1 to 2 feet deep. Refill the trench with alternate layers of soil and organic fertilizers. Starting at the bottom, layers used for the peas shown here were:

- 6 inches of mixed coarse and well rotted compost or leaf mold
- 3 inches soil dug out from trench
  Thin sprinkling of bonemeal and wood ash
- 1 inch soil
- 2 inches well rotted manure
- 3 inches soil
  Thin sprinkling of bonemeal
- 1 inch well rotted manure
- 2 inches soil
- 2 inches well rotted compost
  Thin sprinkling of wood ash
- 2 inches soil, finely pulverized

You can make up your own variations, as long as you supply good drainage and the same nutrients—especially potash and phosphorus. Besides being an easy way to distribute fertilizers and soil conditioners deeply into the soil, some gardeners believe that placing the different fertilizers in layers encourages roots to grow deeper, enabling them to sustain the plants longer when the weather warms up.

When completed, the top of the trench should be slightly below grade, forming a shallow depression to hold irrigation water. You will probably have extra soil left over to use in other beds or on a compost pile.

A day before sowing, soak seeds in water, and thoroughly moisten the planting area. Soil should not need watering again until after peas germinate. Use netting or wire to protect seeds and young plants from birds.

Sow seeds 1 to 3 inches apart and cover with about ½ inch of finely pulverized soil. You can sow in furrows, or by scattering seeds over the entire bed and then covering with fine soil. For climbing peas, sow within about 8 inches of the support you've provided.

Give the plants frequent deep watering by flood irrigating. (Overhead watering may cause mildew.) As flower buds form, continue to give sufficient water, but don't overwater, or flowers may drop off instead of forming peas.

Harvest according to the flavor and texture you prefer. Flattened pods 2 to 3 inches long with peas just forming inside the pod are most tender and stringless. More mature pods that are still bright green, but with almost fully rounded peas, are sweeter and have more pea flavor, but must be harvested promptly. If you wait a day or two past their prime these will already be getting slightly tough and starchy.

Keep the peas picked, or the vines will stop producing. You can refrigerate extra peas (unwashed and unstrung) in a plastic bag up to two weeks.

Freezing

Choose young peas. Wash and remove ends and any strings. Boil a large quantity of water in a deep kettle. Place the peas (in a wire basket or colander), not more than ½ pound at a time, in briskly boiling water. After water resumes boiling, blanch for 30 seconds. Lift peas out and plunge into ice water until the peas are cool to the center (break one to test). Drain chilled peas and package in heavy-duty freezer bags. Freeze at once.

Frozen peas cook more quickly than fresh peas; use the shorter cooking times given in the recipe that follows and those on page 168. Thaw and drain thoroughly before cooking.

Butter-steamed edible-pod peas

Melt 2 tablespoons butter or margarine in a large frying pan over medium-high heat. Add ¾ pound washed, edible-pod peas (any strings and ends removed) and ¼ cup water. If desired, also add 2 teaspoons chopped fresh mint leaves or ½ teaspoon dried mint. Cover and cook, stirring occasionally, until peas are barely tender, 1 to 2 minutes. Salt to taste. Makes 4 servings.

For recipes that use edible-pod peas in Oriental dishes, see page 168. □

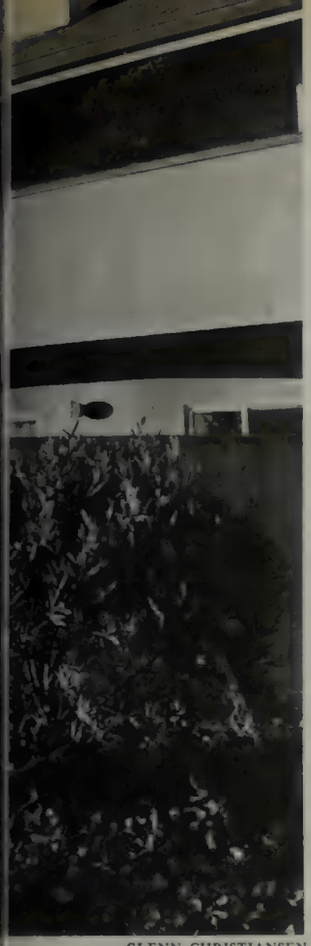
Three-level *unit. Stairs lead up to loft den, down to bottom floor bedrooms*

Esplanade *curves around marina (shown on our cover). Condominiums with staggered walls and roof heights and random balconies avoid look of monotonous repetition*

View *from balcony of Jack Daniels home extends across pool, marina, restaurant tower to hills south of San Francisco*

Boy's bedroom *is at poolside behind fenced patio. Two-bedroom unit extends from balcony on left to end of building*

Enter *through gate between clusters to plaza at center of project*



GLENN CHRISTIANSEN

The condominium idea

Award-winning development on San Francisco Bay has its housing units built in tight clusters

Residents of the Ballena Bay Condominiums in Alameda, California, enjoy some amenities that are hard to find in the West's more crowded urban complexes. Built alongside San Francisco Bay, most of the units have balcony views of the water. Deep water mooring is adjacent. The 42 units cluster on only 2½ acres, yet there's privacy made possible by a generous common courtyard and sunny pockets of secluded balconies and patios.

These were some of the reasons that last year's AIA-*Sunset* Western Home Awards jury awarded a citation to Ballena Bay Condominiums. The adjacent townhouses also received a citation. Fisher-Friedman Associates of San Francisco designed both.

Condominiums are one of several increasingly popular options for Westerners who prefer apartment convenience but want to own their home. With a condominium the space you live in is your property. The land is jointly owned and cannot be divided. Residents at Ballena Bay pay a monthly fee for exterior building and grounds maintenance, utilities, and liability and fire insurance. Trash removal and pool upkeep are also included.

Fee arrangements may differ in other condominiums. The monthly fee ($35 to $50) at Ballena Bay is based on the selling price of the unit. The developer determines policies until owners occupy a majority of the units. Residents then set up a board of directors with subcommittees. One subcommittee is an architectural review board, which must approve exterior building changes proposed by owners.

Ballena Bay offers four different floor plans with two or three bedrooms. Depending on the view, prices range from $38,000 to $54,000. (Only two units are unsold.)

Most of the owners have lived in detached houses before, and many have grown children. One reason they chose a condominium is that the security of fences and locked gates lets them travel at length. Gardening and house maintenance are at a minimum. The only work outside is the amount of gardening one can crowd onto a balcony and small patio.

Residents say they've been surprised that clustered living is so quiet. There are no public corridors. Entry is only at plaza level, and units adjoin only at their sides where double walls with air space deaden the sound.

Some occupants who'd just moved in from one-story houses said it took some time getting used to the stairs. (In three of the plans there are three living levels.)

Built on filled land, the Ballena Bay site posed construction problems for the builders, Pan Pacific Development Company. For support, they sank 198 pilings and laid a huge slab of reinforced concrete. The slab is the floor of the covered parking garage. The plaza and the dwelling units are built over the garage.

Forty-two *units cluster in four separate buildings. At center is a pedestrian plaza; cars park beneath*

In addition to Ballena Bay, other planned unit and townhouse developments were honored by last year's jury. An honor award went to Sixty-01 in Redmond, Washington, designed by Riley/Bissell/Associates. An award of merit went to Kingswood Village in Kings Beach, Lake Tahoe, California, designed by Mackinlay/Winnacker. The same architects shared a citation with Bull Field Volkmann Stockwell for a condominium at Snowmass-at-Aspen in Colorado. A special award went to Daniel, Mann, Johnson & Mendenhall for Kukui Gardens, Inc., a low cost housing development in Honolulu. □

The Changing Western Home®

NORMAN A. PEATT

Decorator insulation

A type of fiberglass insulation, now available at building supply stores in rolls or individual bats, can solve two problems at once.

Like ordinary insulation, the fiberglass with its paper backing helps control temperature and keeps out moisture. And because the paper backing is printed with a handsome basket-weave design, you don't need to conceal it. It can give a finished look to garages, basements, or attics at no more cost than common fiberglass insulation.

Staple it along special flanges to wall studs or ceiling joists. For a more finished job, you can nail wooden battens over the stapled flanges.

Operation Identification

Many Westerners are now taking part in Operation Identification, a program aimed at preventing burglaries. A local service club or police department participating in the program will loan you an electric engraving tool, and you engrave your driver's license number on television sets, cameras, and other valuable household items. A sticker that you can place near the front door will warn potential burglars that stolen property can be identified by the police.

The program has two effects. The engraved identification number makes disposal of stolen property more difficult, so the burglar who sees your sticker may be deterred. And, if the property is stolen, police have a better chance of identifying and returning it.

Operation Identification was started almost 10 years ago by a service club in Monterey Park, California. The sponsors report that since the program began the 5,500 participating households (representing at least 50 per cent of the population) have had far fewer burglaries than nonparticipants.

To find out about a program in your area, contact the police department. If there is no local Operation Identification and you'd like to know how to start one, write to retired Monterey Park police chief Everett Holladay, Box 676, Monterey Park, Calif. 91754.

Remote thermometer

A new electronic thermometer in a small walnut case gives accurate temperature readings from three separate locations (up to 1000 feet away) at the push of a button. It comes with three plug-in wire sensors that can be placed in pools, orchards, aquariums, wine cellars, nurseries, or other places where temperature control is important.

The units cost about $40 and are available in department stores, or from James Electronics Inc., 4050 N. Rockwell St., Chicago, Ill. 60618.

Bathroom window screen

A textured sheet of acrylic plastic mounted on a narrow shelf outside a bathroom window solves a typical privacy problem. The screen obscures the view, though still allowing light into the bathroom. Plants on both sides of the screen provide greenery; there are potted plants on the shelf, as well as plants in the ground.

Owner-designer John Sjoberg of Honolulu added a special effect by mounting a spotlight on the eaves to cast light on the screen at night. The light is operated by the bathroom wall switch. □

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DARROW M. WATT

Handle *at right is for lifting typewriter to store upside-down*

Minus typewriter, *entire desk top is usable. Note ring lift, far left*

Desk swallows its typewriter

Where can an off-duty typewriter go? Here's one solution. The typewriter is attached to the underside of a desk top extension, and it just flips over into dead space in the corner when not in use.

Even when hanging upside-down, the typewriter is held firmly in place by machine bolts that go through a piece of plywood into the typewriter's shipping-bolt holes. If a typewriter lacks such holes, the bolts can go into the holes for the screws that hold the typewriter's rubber bumpers to the frame.

To fasten the plywood to the desk top extension, use wood screws that won't penetrate the exposed finished surface.

Install firm backing on the wall all around the opening to hold the weight of the typewriter and desk top in the closed position. A hatch cover handle—a ring lift with finger space underneath—is used to lift the typewriter. Use a piano hinge at the pivot point.

Design was by the architectural firm of Wagstaff & McDonald for the James F. Reed III family of San Anselmo, California. □

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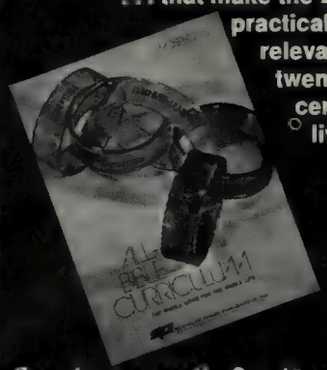

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Avoiding and handling roof problems

Your roof expands and contracts as the temperature soars or falls. It gets soaked in the winter and parched in the summer. No wonder shingles split and curl and roofing compounds crack and dry out. But when signs of infirmity appear, it doesn't necessarily mean you'll have to replace the whole roof.

In this article we'll tell you how to handle roofing problems before they become irreparable. A thorough inspection of the roof is what you'll need to do first. Next, you'll need to develop a preventive maintenance program. Minor repairs will probably be part of it. Finally, we have some suggestions on how to find a roofing contractor, and a few ideas about roofing materials.

Safety first

Anytime you climb onto a roof for repairs or inspection there's always the chance you may accidentally fall off. It won't happen if you take the right precautions: Wear soft-soled shoes that grip well. If you are doing anything more than just sweeping the roof, wear a piece of rubber inner tube attached to your pants near the hip. It will give you some extra grip as you lean against the roof to work. (Ventilation holes in the rubber are a good idea.) For even more traction while working in a sitting or leaning position, glue pieces of rubber to the inner and outer sides of your shoes. If you're right-handed, the rubber goes on the outside of your left shoe and the inside of your right shoe. It's just the opposite for left-handers.

The inspection: what to look for

Inspection of the roof starts with a walk around the house. Look at the underside of the overhangs for signs of mildew or rot. Check to see how many upturned or missing shingles there are. Then climb onto the roof for a general look around.

You may need a new roof if there are a great many upturned and missing shingles, or if there's widespread mildew or rot. Another sign of serious trouble is a gutter full of broken shingles and dirt. If you're not sure whether to replace or not, ask a reliable roofing contractor (see next page for suggestions on finding one). He should be able to check your roof and give you a free estimate of repair or replacement costs.

Your own inspection continues along the gutter. Examine the shingles closest to it. Often rot will develop in this "starter course"—the first row of shingles installed on the roof. If you decide to replace them, a metal edge beneath the shingles and tar paper above the sheathing will help prevent rot.

The next place to inspect is along the ridges of the roof and around the flashing. Check for loose, broken, cracked, blistered, or deteriorated shingles. If water can seep in here it can work its way down under the roof and start a leak at any point. All roof penetrations like vents, skylights, and chimneys should be surrounded by metal flashing and sealed against water seepage with mastic or caulking compounds. Examine these areas for rusted flashing and dried, cracked caulking.

Roof valleys also have metal surfaces that should be cleaned and painted. While checking the metal, look at the shingles. If there is any rot or mildew, these shingles should be replaced and the supporting timbers below them inspected from the attic. If they are rotted they should be replaced, too.

The next area to check is around the television antenna. If it is secured to a vent pipe, the antenna's movement in the wind can loosen caulking and flashing around the pipe. If guy wires have been used, check them where they fasten to the roof. Make sure that there is no way that the water can seep down under the roof around the fastenings and that the mastic preventing this

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Tar and gravel roofs are harder to inspect and leaks are harder to locate. If there are bald spots and blisters and cracks in the roofing, you may need a new roof. If you have a leak and the roof appears to be in good condition, check the flashing first. Most leaks develop around pipes and other roof penetrations.

Preventive maintenance

You'll prolong the life of your roof by fixing deteriorated or damaged roofing at an early date. Fall is a good time for preventive maintenance. Here are some simple steps:

Keep trees trimmed so they don't rub against the roof, and trim vines back so they don't grow between shingles or between shakes. Trim back branches that could fall and puncture the roof.

Cautiously climb onto the roof with a broom and hose. Start sweeping at the ridges and get the roof as clean as possible. Then wash with a hose. Since wet roofs are extremely slippery, make sure you always have dry footing.

The wash will leave debris in the gutters that must be cleaned out. Check to make sure downspouts are clear by running water into them until there is an uninterrupted flow out the bottom.

Gutters should be cleaned with a wire brush and painted if necessary. Sections of metal gutters that have rusted out should be replaced. Nail gutter hangers beneath shingles so nail holes don't develop into leaks.

Wire brush any rust and scale from metal surfaces, such as flashing, and then paint with a rust preventative. Chip or peel away dried-out caulking and reseal with new compound. Apply new mastic to seal cracks in the old. Or replace entirely if seriously damaged.

Popped nails should be pulled and replaced (nail in a new location). Rotten and missing shingles and nails should be replaced. Turned-up and blistered composition shingles should be resealed to hold them down. Curled and cupped wood shingles and shakes should be split and renailed or replaced.

To replace wood shingles you'll have to pry up the ones above those to be replaced. Nail the new shingles in and then drive nails through the exposed area of the old shingle. Cover these new nail heads with mastic.

How to evaluate a contractor

By having a professional roofer put in a new roof or make substantial repairs, you should get a better and speedier job and you won't have to take the risks of roof-walking yourself.

You should always get at least two estimates before signing an agreement. (Some busy contractors will bid high on purpose because they don't really need the work.)

Check your bidders to see how long they've been in business and if they're insured for on-the-job accidents. If your contractor doesn't have insurance you may be financially responsible for any accidents that occur while people are working on your roof.

Ask whether the roofer offers a contracted completion date with penalties. During the rainy season it's hard for contractors to give such a guarantee because they can't work in the rain; but in that case the contract should state that adequate protection from the rain will be provided during construction.

After choosing a contractor, make sure the contract contains all of his oral promises in writing. Often contractors will indicate that roofing materials will be applied according to the manufacturer's specifications. If this is the case, be certain that a copy of the specifications is attached to the contract and referred to.

The contract for a progressively-applied tar and gravel roof should state the materials to be used and how they'll be applied. The quality of such a roof is determined by several factors: the weight of the felt; how much it overlaps; how well the overlaps are sealed; quality of sealing and flashing around roof penetrations; the type and amount of gravel and asphalt used; and how well the rock adheres to the asphalt.

Roofing materials

Fire, water and wind resistance, insulating value, weight, and wood quality are

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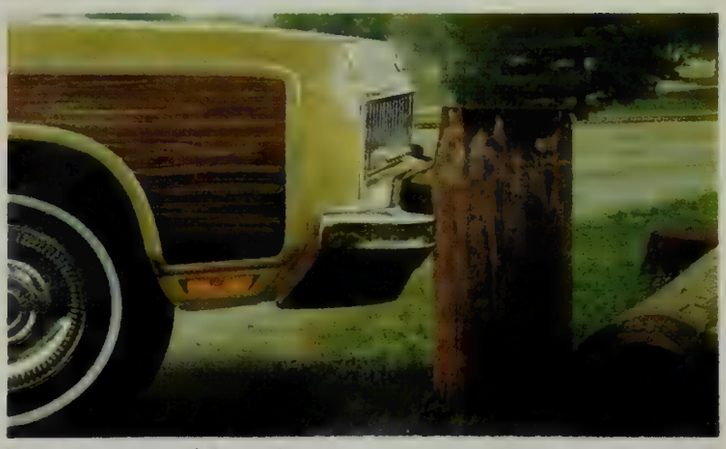

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among the factors that determine the price and quality of roofing materials. Most people like the look of wood, although composition shingles are usually cheaper and more fire resistant. Tar and gravel roofs can reflect more heat and can be applied to flat surfaces.

Pitch of the roof

It's important to judge the pitch of your roof before deciding on materials. The way to figure it exactly is to rest one end of a level against the roof's slope. Lift it up or down until it reads level. Measure the distance from the bottom of the level to the roof, taking your measurement 12 inches from the level's resting end. If the distance is 4½ inches, your roof has a pitch of 4½ in 12; if it's 6 inches, then it's 6 in 12, and so on.

A tar and gravel roof will usually be re-roofed with the same materials. However, if it is 3 in 12 or more, you could use composition or wood shingles. If the pitch is 4 in 12 or more, shakes can be used. With some exceptions, shakes can't be applied on pitches less than 4 in 12.

A 4-in-12 pitch, or more, also means a new roof of shakes or composition shingles can be applied over wooden shingles or composition roofing. New wooden shingles shouldn't go over older wooden shingles, however, because the older wood won't be able to "breathe." Dry rot usually results.

Shake roofs have to be torn off and replaced. The irregularity of the old shakes will prevent you from laying a water tight new roof over them.

Fire resistance

Underwriters Laboratories, Inc. has developed a system for rating fire resistance. Most asphalt shingles and some wood shingles have received a rating. UL Class C means the roofing will protect against basic fire danger. Class A will protect against severe fire danger. Class B is in between. Often insurance rates can be affected by the class of shingles you use.

UL also tests for wind resistance. If shingles can withstand 60 mph winds for 2 hours they are given a UL wind-resistance label.

Wood shingles have four grades. The Number 1 Blue Label is 100 per cent clear heartwood and edge-grain. Number 2 Red Label is 60 per cent clear and flat grain. An edge grain will shed water better than a flat grain. Number 3 Black Label is a utility grade, and Number 4 is a utility grade for undercoarsing. Each number includes shingles of different length and thickness for variety of appearance, although the quality is uniform. Number 1's are used to roof a residence, number 2's for roof overhangs, and number 3's for secondary buildings such as storage and utility sheds. □

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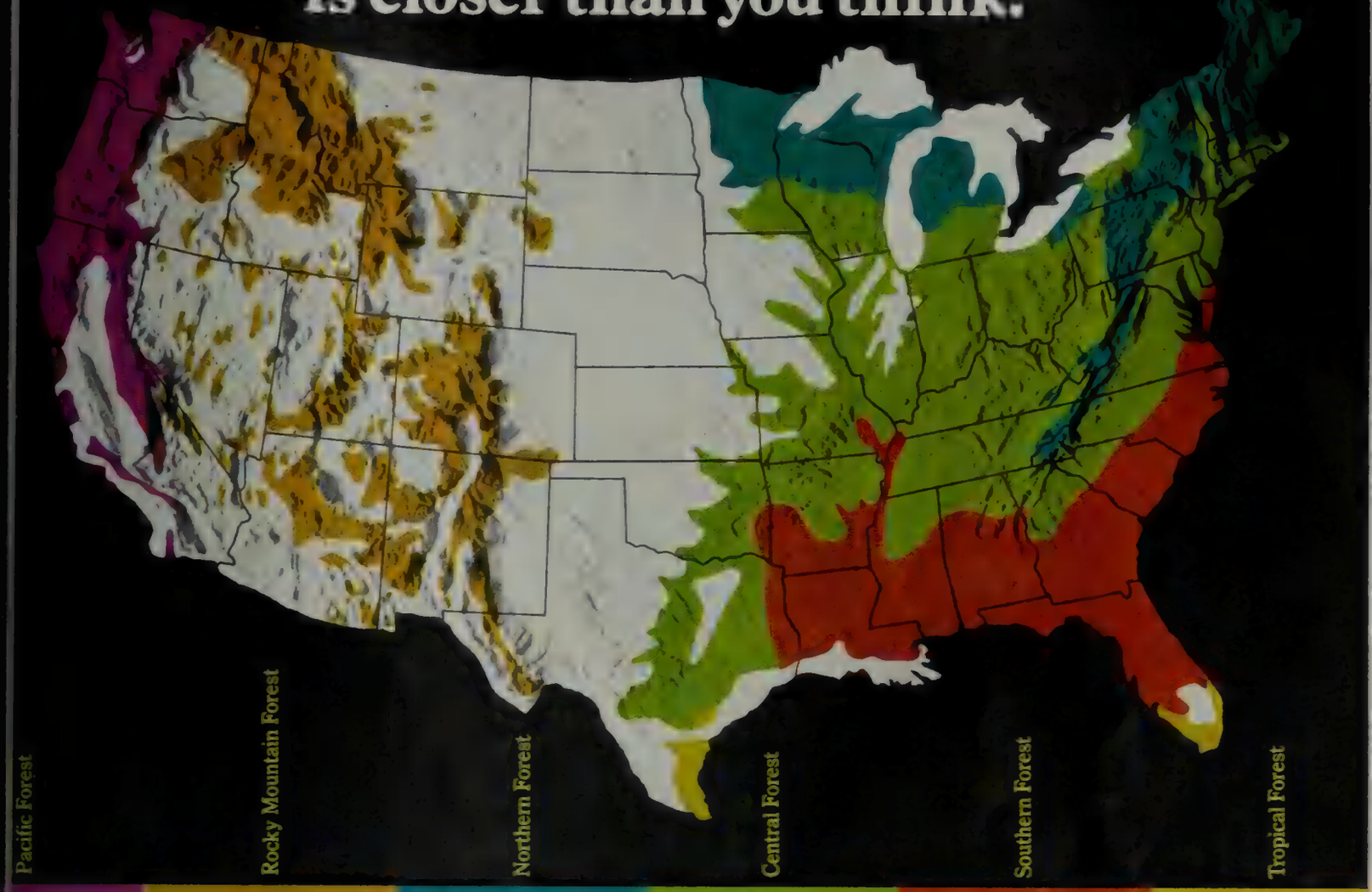

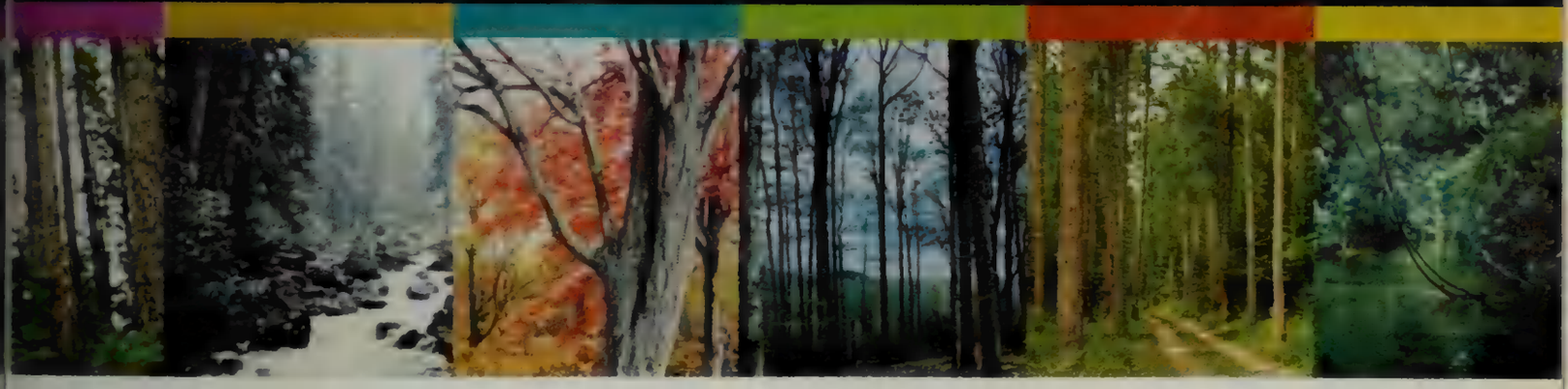

Wherever you are.

Because after giving up land ›uild our cities and highways, after eting our constantly growing de- nds for wood and paper products, still have three-fourths as much estland as we had when Columbus ded.

Even more surprising, this 761 *'lion* acres is still widely distrib- d all across the country—it's not just "out West" or "down South." % of New York State is forest. 65% Rhode Island. And 51% of New sey—the most densely populated te. As a matter of fact, more than f of the forest in the continental ited States is located in the east- ern part of the country.

Because America's forest is truly an *American* forest, growing in many different elevations and rain- falls and temperatures and soils, its six distinct natural regions provide us with a constant variety, too, from the Douglas firs of the Northwest to the hardwoods of the Northeast.

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NORMAN A. PLATE

Minnows *are netted from 3 by 7-foot entry pond. Tiles line bottom and sides*

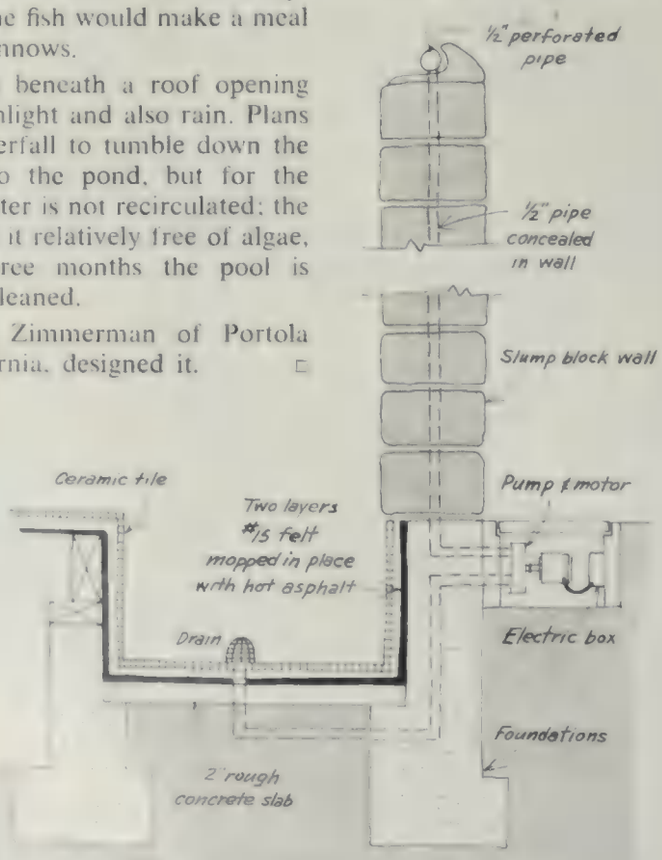
In this pond is where Russell keeps his fish bait minnows

The small decorative pond at the entry of this house in Morgan Hill, California, serves a real purpose. It's where Russell Niedhamer keeps the minnows he uses for bait when he fishes nearby Anderson Reservoir. He'd like to let his catch swim in the pond while he heats a frying pan, but the fish would make a meal out of the minnows.

The pond sits beneath a roof opening that lets in sunlight and also rain. Plans call for a waterfall to tumble down the back wall into the pond, but for the present the water is not recirculated; the minnows keep it relatively free of algae, and every three months the pool is drained and cleaned.

Paul Charles Zimmerman of Portola Valley, California, designed it. □

Cross-section *of pool construction. Drawing also shows planned waterfall: Water will drain into plastic pipe, be pumped to top of wall, and cascade back into pool*



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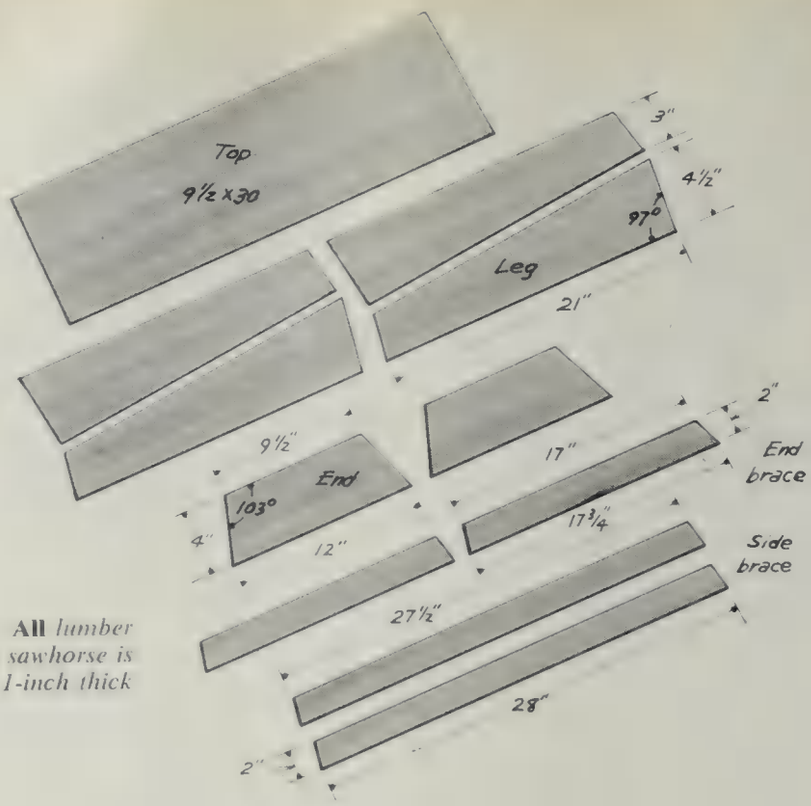

All *lumber for sawhorse is 1-inch thick*

One requirement *was that sawhorses and plank be easily portable*

The test *for the plank: It had to be lightweight, but strong enough for the entire family to stand on*

GLENN CHRISTIANSEN

A better sawhorse and a better plank

The search for a better sawhorse and plank became something of a crusade for Bob Meuser of Oakland. Along with photographs of the sawhorses and a plank that he built, he sent a letter of explanation: "For 20 years I've cussed out the kind of sawhorses professional

ROBERT B. MEUSER

1 • *Cut legs at outward angle for stability. Two 1 by 2's serve as main horizontal braces*

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2 • *End braces prevent sideways wobble. To nail on lower brace, he rested legs on deck railing*

3 • *Wide 9½-inch work surface goes on last; it overhangs ends, masks minor miscalculations*

ROBERT B. MEUSER

4 • *For the plank: Two 16 by 96-inch, ¼-inch plywood sheets, ten 1 by 4 cross braces, two 1 by 4 edges*

5 • *Nail edges to cross braces. Glue and nail on plywood to top and bottom; let glue harden*

carpenters make, which may be great for them, but certainly don't satisfy my requirements. And, I feel the same way about the sawhorses you make by sticking 2 by 4's into metal brackets."

The Meuser sawhorse alternative is a 9-pound lightweight with a wide top as its most notable innovation. It lets him cut most lumber with a power handsaw using only one sawhorse, and when the sawhorses are stacked they don't bind or jam together. And to complete the package he manufactured his own plank, a framework covered with plywood like a hollow-core door. Light (just 22 pounds) but strong, it will easily support more than one person for overhead jobs like painting or cleaning gutters.

It took him about 6 hours to build the set. He used redwood (except for the plywood in the plank), but fir or pine will do as well. □

6 • *Back yard showmanship to demonstrate how lightweight the plank is*

'The Mixables'

Beautiful every way you mix them.

Afraid to put a striped pillowcase on top of a sheet flowing with flowers? Most people are. So Sears is about to stop all the confusion. The Mixables™ are here!

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The house on the water by Barwick carpets.

Just outside this bedroom is a blue-green lagoon. The carpet inside the room reflects the mood. It's just one from a whole selection of Barwick carpets styled for the California life style. This particular carpet is from our Collection Internationale,® probably the most distinctive and densely tufted shags you'll ever see outside of handmade ones. They're not just shags. They're sculptured shags, subtly patterned to make them equally at home in rooms from the casual to the formal. The beauty is practical, too, because the pile is 100% Enkaloft® nylon, one of today's best wearing, most soil-resistant fibers. Find out about Barwick carpets. Available at better dealers.

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ELLS MARUGG

Behind *this decorative screen is an outdoor area, sheltered from the bay wind, and seemingly removed from sidewalk and street traffic*

On the street side, new private garden

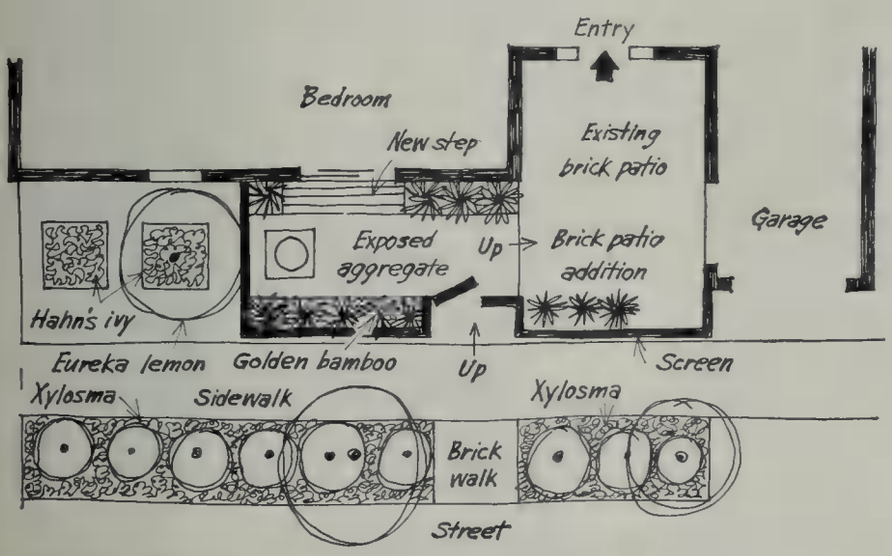
Houses clinging to the hills on the Oakland-Berkeley side of San Francisco Bay are designed primarily to make the most of the west-facing bay view. Nonview sides usually open out into the hillside or to the street.

In this example the house is only about 10 feet from the sidewalk. A garage, entry, bedroom, and bath face the street. Before the front garden was remodeled, you turned off the sidewalk onto a conventional 3-foot-wide concrete entry walk to a brick pad at the front door. Windows had to be curtained for privacy.

Adding the decorative screen pictured above solved several problems.

It created a semiprivate outdoor sitting area on the wind-protected east side. (There's a deck at back of the house, but at times it's too windy or excessive glare makes it uncomfortable.)

With the added privacy it was possible to open the wall of the bedroom with a sliding glass door to make the room lighter and seem larger, and to give it access to the new patio. (The height and location of screens and fences are controlled by local ordinances, so be sure to check with a building inspector before



Varied textures *of plants, screen, and paving make for a pleasant approach to the entry. Wide step outside sliding glass door of bedroom is used for sitting, container plant display*

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Just choose your favorite island. Then choose your favorite person. And fly away to Privacy in Paradise.

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ELLS MARUGG

Strong shadow *pattern made by using 1 by 4's on outside of screen and 1 by 1's between the 4 by 4 posts*

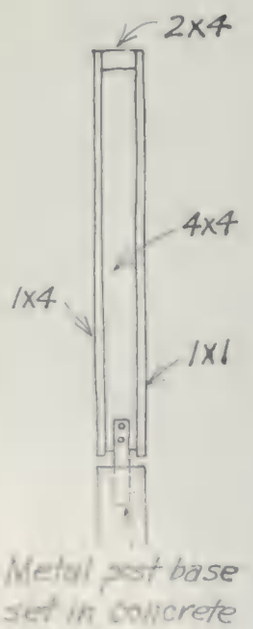
going ahead with a similar project.)

The gate was purposely set off center so that when it's open you don't look directly at the front door. You step up from the sidewalk to the level of the exposed aggregate patio, and up another step to the brick-paved section of the patio, which is an extension of the existing brick entry pad.

Golden bamboo was planted in a concrete planter along the inside of the screen opposite the sliding door of the bedroom. The bamboo foliage and the wood screen increase the privacy where it's needed most. Being confined, the bamboo stays put as if it were growing in a pot or tub.

Xylosma, planted in the strip between street and sidewalk, will eventually grow tall enough to form a leafy visual barrier from the car traffic.

Landscape architect was Jack Buktenica for Erwin and Irma Bauer, Berkeley. □



All wood [illegible] *A 1 by 4 overlays the frame of each post*

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CRAIG ZWICKY

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Straight *from the horse's mouth (above), a snaffle bit finds a brand new use as a belt (right)*

Right out of the horse's mouth

You can make an attractive and adjustable belt by combining a horse's bit with some leather.

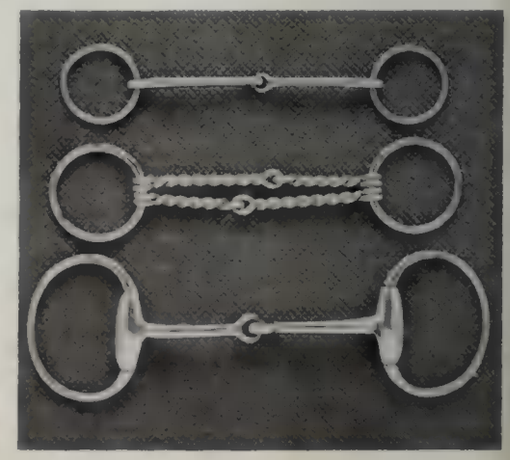
The bit used here is called a snaffle (a humane training bit commonly used on hunting and jumping horses). Because the rings on the bit (for the reins) are too large to pass through conventional belt loops, this belt should be worn on your hips or with hip-hugger pants that have oversize loops.

You'll find a variety of snaffle bits in a saddle shop. They run from $4 to $10, all with a nickel, nonrust finish. Take the bit you select to a leather supply shop. Choose a precut leather strip called a belt blank with a width that threads easily through the rings as shown in the photograph at right above.

Also buy two small pieces of leather (about ¾ inch by 7 inches) for keepers to hold bit and blank together. Belt blanks are usually made from latigo leather, which is tanned and specially treated, and require dyeing. Choose the dye the shop recommends. If the dye needs a sealer to prevent water spotting, be sure to use it.

You'll need a few simple leather working tools: a number 3 edge-bevel (about $1.50) and a number 5 hole-punch (75 cents to $2.50). Buy some rivets for the keepers; you'll use only two, but take a few extra.

Cover your work surface with newspaper. The bevel cuts the leather at about a 45° angle; bevel the inside and outside edges of the lengths of all three leather pieces. With a single-edge razor blade, cut the belt blank down to your



Snaffle types *(from top): small ring ($4), double-twisted ($7), barrel head ($10)*

Ed Worth is tackling something he never thought he could. Paneling his kitchen with Wayside Inn.™

There are two things you should know about Ed. He has a big, old house. And a wife who likes country kitchens.

Ed likes country kitchens, too. But not enough to think he could take on the paneling by himself. Just looking at those exposed pipes in the corner made him nervous.

That was before The Book. *Wally Bruner's Guide to Wall Paneling*. She got it, he read it and discovered practically everything there is to know about installing paneling. He also decided he would be able to handle the job after all.

The exposed pipes had been his big worry. The *Paneling Guide* shows how to build a simple box frame of 2″ x 3″ lumber around them. Then, applying Weldwood® Panel Adhesive (you use it for the whole job), how to put the paneling in place. And what was once an ugly corner can become part of a neatly paneled room.

Of course, Ed is delighted with the money he can save by doing it himself. It means he can afford better paneling – U.S. Plywood's. His particular choice: our very latest paneling Wayside Inn, in Burlington Oak, which costs about $10.00* per 4′ x 8′ panel. (And we have a huge selection of others, ranging from $4.50* to $35.00* per panel).

If you've got a room you'd like to panel, but you're afraid it's too hard for you, we suggest you read Wally Bruner's book, too.

Wally hosts a new do-it-yourself TV show, "Wally's Workshop". His *Paneling Guide* takes you through the whole paneling story, step by easy step: *And* shows you the many panels U.S. Plywood makes. *And* gives you decorating ideas and accessory information.

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the Benchcraft Collection...

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...and the Mrs. Thea Hammer Collection. (All by Drexel.)

A lady who serves her pork chops topped with cheese sauce and meringue is not going to be conventional about anything.

Least of all her furniture.

Mrs. Thea Hammer romped through three of our collections to put together one of her own. And it didn't bother her a bit that she was mixing classic Italian with country French and American Shaker. She figured that all the things she liked would be able to live happily together. Which is why the Thea Hammer dream of a [illegible] as unique and surprising as her dinners.

[illegible] found all she needed for her mix-and-match manner in the 27 different Drexel catalogs. (Which made her particularly happy, because she knew she could rely on the quality. One les[illegible] thing to worry about!) But her eclectic approach to life may not [illegible] yours. You may prefer to stick to one style only, as a truer expression of you. So for you, we have a whole range of different collections, each comprehensive enough to furnish a whole roo[illegible]

If you would like to see some of our styles, send $1 for a set of our booklets and room planning kit to Drexel Furniture, Dept. S-10-72 Drexel, N.C. 28619. For the name of the Drexel dealer near you, call free 800-243-6000. In Connecticut call collect 800-942-0655.

Signed Furniture

Drexel

Furnishings Company, U.S. [illegible] Champion Papers Inc. Furniture by Drexel, Heritage, Meadowcraft. Carpet by Trend. Lamps and Accessories by Drexel

Position *keeper like this on metal block when hammering rivet in*

Belt *with snaffle ring is held by slipping riveted keeper into place*

ze, leaving about 6 extra inches on ıch side of the ring. Dye the blank and eepers (be sure to remove all excess ve) and let dry.

he keeper should fit fairly tightly ound two thicknesses of the blank. o determine the keeper length, double ıck one end of the blank and loop the eper around like the finished one ıown in the bottom photograph above. ith a pencil, mark where the keeper ıould be cut, allowing room for a rivet ıle. Cut off the extra leather with the zor blade, and punch the rivet hole rough the keeper. If your leather ınch is the type you pound with a ımmer, be sure to hammer against a ece of wood to protect the punch's cut-ıg edge. Placing the keeper in the posi-ɔn shown in the top photograph, pound e rivets with a hammer against a metal ırface. Don't pound too hard; you must : able to straighten out the loop after-ard. Mark and rivet the second keeper. eed the belt length through the keeper, e snaffle ring, and the keeper again at ɔth ends. To adjust the belt to your ze, move the keepers toward the rings ıtil they're snug and hold the belt ırly tight. □

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A compact cellarette is the perfect complement to entertaining. It has a flip-down serving shelf and spacious storage for bottles and glassware. Handsomely styled to blend with any decor, it's crafted of solid pecan and pecan veneers. Available in either a light or dark natural wood finish. To see the complete line of cellarettes and occasional tables, send one dollar for a handsome brochure.

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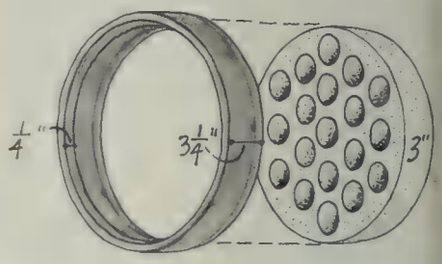
SINCE 1846

NORMAN A. PLATE

Wall-mounted *spice rack holds 19 bottles with labeled lid.*



Third layer *of ¼-inch wooden veneer tape gives finished lip*

Pick-and-choose spice rack holds 19 spice bottles

It's easy to make this spice rack fro a 3-inch-thick block of rigid polystyrer foam purchased at a hobby shop. Yo cut the perimeter of the rack with a se rated knife, and the spice bottle hol with an 6-ounce frozen-orange-juice ca with one end removed.

Two layers of Douglas fir veneer tap 3¼-inches-wide, are glued with a co tact cement around the outside edge the 13-inch-diameter foam circle. third layer, ¼-inch-wide, is glue around the front inside edge of the v neer ring to make a neat three-lay edge. Veneer tape can be purchased varying widths, woods, and lengths hardware and lumber supply stores.

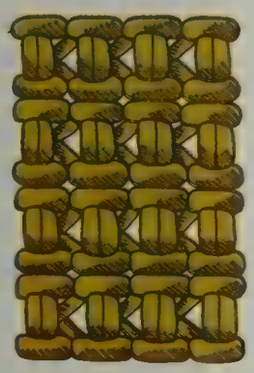
The rack, which can be mounted on tw finishing nails to the wall, was designe and built by Don Ryan of Canoga Par California.

Read why the Morgan Jones Insulaire® thermal blanket has it over all the others.

The Insulaire® blanket is the original 100% cotton thermal blanket.

It is the blanket for all seasons.

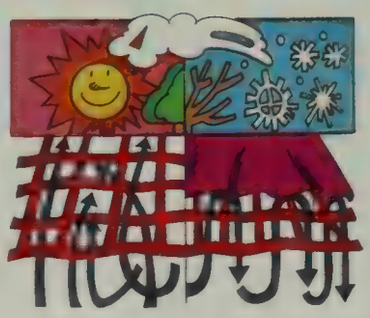
It was inspired years ago by the unique cellular weave of the underwear developed for Sir Edmund Hilary's Mount Everest expedition.



This open, net-like thermal structure uses air as insulation when warmth is desired and allows air to escape when you want to be cooler.

Because of its perfect year-around performance, the Insulaire blanket was an instant success.

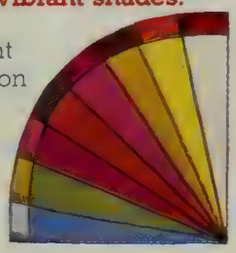
It keeps you warm in the winter and cooler in the summer.



In the summer, air circulates through the cells for full ventilation so body heat can escape. In the winter, a sheet or blanket cover over the blanket will enclose the thousands of air cells and form an insulation that keeps heat in.

Now isn't it nice that you don't have to switch blankets from season to season? The Insulaire blanket is the one that keeps you comfortable spring, summer, fall and winter.

The Insulaire® blanket is the only true thermal blanket in these rich, vibrant shades.



Choose from eight high intensity fashion colors edged with nylon binding in matching or contrasting shades. Wait till you see how refreshing they'll look in your bedroom.

The Insulaire® blanket keeps its good looks washing after washing, year after year.

It is pre-shrunk, color-fast and perfectly safe in your washing machine and dryer. And, because the Insulaire blanket is 100% cotton, it won't pill or mat or shed the way most synthetics do.

The MORGAN JONES® Insulaire® Blanket. It has it over all the others.

For the store nearest you, call free of charge: (800) 631-1972. In New Jersey: (800) 962-2803.

Springs Consumer Products Division
Springs Mills, Inc., 104 West 40th Street, New York, N.Y. 10018

A new handbook for the home carpenter

This sample shows how to apply ceiling tiles

How to apply ceiling tiles—shown below—is one typical section of a new *Sunset* book called *Basic Carpentry Illustrated* (Lane Books, Menlo Park, Calif., 1972; $1.95).

The book also deals in the same step-by-step way with other common building and remodeling jobs around the house: laying a floor, applying siding, shingling, adding a wall, opening up a wall, building bookshelves, building a stairway.

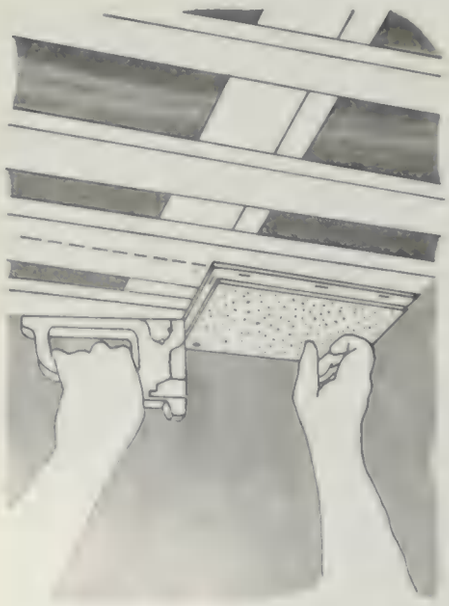
As the title indicates, the book helps the beginner with the basics. Sections cover the basic kinds of tools, nails, fasteners, lumber, adhesives, preservatives, and sealers. Basic building terms are defined.

Special features include how to find a wall stud, tips on applying paneling, how to shock-test power tools. □

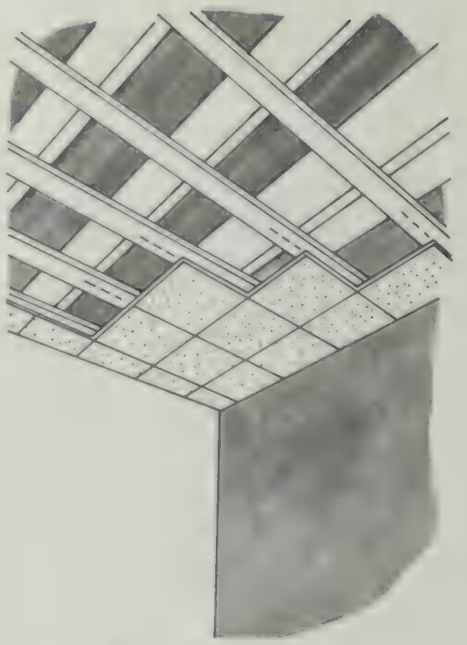
1 · *Ceiling tiles need a grid. Nail the first furring strip flush against wall at a right angle to ceiling joists*

2 · *Space strips by the width of one tile. Doublecheck for accuracy by measuring with a tape every 4 feet*

3 · *Level each strip by driving shingles where needed between strips and joists. Strips should also be level with each other*



4 · *[illegible] tile through [illegible] ceiling to size. [illegible] strip along wall [illegible] an cover nails*



5 · *Start with border tiles, then work across room. Center the edges of tiles on the furring strips*

To install *tiles directly to flat ceiling, daub special adhesive on corners and center of each tile back*

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Biker, hiker, skier, skater, cowhand, sno-bunny. Name your sport. Then pick a Pacific Trail jacket and do your thing—in style and in comfort. Pacific Trail makes great jackets for active people. For the whole family, sizes 2 to 54. Long wearing, good looking, care free jackets that really do things for people who do things. Pacific Trail—a warm friend of the family. Sold in fine stores throughout the U.S.A.

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Another special place for Marlite: where Wally Gordon builds his ships.

Expert craftsmanship. You can see it in Wally's two-masters. And on the walls of his den. The textured paneling is new Marlite Barnside, a great look-alike for real barn siding. Weathered, rough, full of knots. Barnside Planks are only 16″ wide, tongue-and-groove for easy installation. And Marlite has dozens of other Plank ideas where Barnside came from. Bold textures. Fresh colors. For the special places in your home. All on display at your building materials dealer. Or write us for free color literature. Marlite Division of Masonite Corporation, Dept. 1037, 16024 Phoebe Avenue, La Mirada, Cal. 90638.

Marlite paneling is hardboard with man-made finish.

7225

Sliding wall to hide a kitchen

Three screens can be arranged to give various degrees of separation of the kitchen from the dining area in the home pictured below. One 24-inch-wide panel is fixed; the other two slide out 48 inches and 72 inches, respectively, into the room (see sketch). Tracks like those used here are available at builders' supply stores.

The architect was Dartmond Cherk of Mill Valley, California. □

Sliding door *tracks start at wall edge, run parallel to each other*

GLENN CHRISTIANSEN

Top: *wood and fiberglass panels retract for kitchen access.* **Below:** *panels pull out individually*

Unsuccessfully imitated the world over.

There are two kinds of people. Those who like window blinds and those who hate them.

The former have seen the Levolor Riviera Blind, the window covering that eliminates the need for anything less than beautiful. By being attractive, and at the same time unobtrusive, Rivieras have been converting blind haters into blind lovers by the thousands.

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So, if you care, look for the Levolor Riviera identification on every blind. That's what most people who care always do.

No tilt cords
Levolor's inconspicuous Magic Wand lets you open and close the slats without cords.

Installation bracket
has safety hinge and positive latch which locks blind in place, yet permits easy removal.

A blind for every window.
Levolor Riviera blinds are custom made to fit any window. There are even Rivieras for A-frame and inclined windows.

No bulky heads.
Levolor Riviera blinds have thin heads designed to match the rest of the blind in beauty.

No tapes.
Levolor Riviera blinds have no tapes. The tapes have been replaced by slat supports less than 1/16" thick. Cleaning is a cinch. Just wipe or brush the slats.

No wide, dust-catching slats.
Levolor Riviera blinds have slats less than 1" wide. They practically disappear from view when you open them (yet when they're closed they give you complete privacy).

No controls where you don't want them.
You choose where you want the controls on a Levolor Riviera blind. Magic Wand on the left, lift cord on the right, or vice versa. Or both on the left or right.

No drab blinds.
Levolor Riviera blinds come in close to 60 gorgeous colors, none of them drab. Rivieras even come in the new metallic finishes that are so effective in preventing heat absorption and waste of power with air-conditioning.

The Levolor Riviera Gold Identification
tells you it's the real thing. Look for it!

Levolor Riviera Blinds.

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Something old. Something new.

The electricity is new. The rest is history. For the simple reason that Stiffel lamps take their inspiration from the past—from designs so lasting they still delight the eye today.

The lamp at center, for example, is based on urns of the Early 19th century Regency period. Its old brass finish is richly accented with antiqued black enamel. It is 39″ high and costs about $90.

At left, softly antiqued Mandarin Yellow enamel enhances this simple, but imposing, canister of cast metal. Distressed old brass finish highlights the subtle curves of this classic form. It is 37½″ high and about $117.

Finally, at right, Stiffel's ode on a Georgian urn, with deep Empire Green enamel and distressed old brass finish. It is 35½″ tall, and about $100.

Three shining examples of how Stiffel invokes the past to brighten your future.

Stiffel

Prices may be higher in the South and West. For a brochure, send 25¢ to The Stiffel Company, Dept. A, Chicago Illinois 60610.

NORMAN A. PLATE

Redwood *and acrylic fixture casts direct light on chopping block island just below it, diffuse light on counter areas in background*

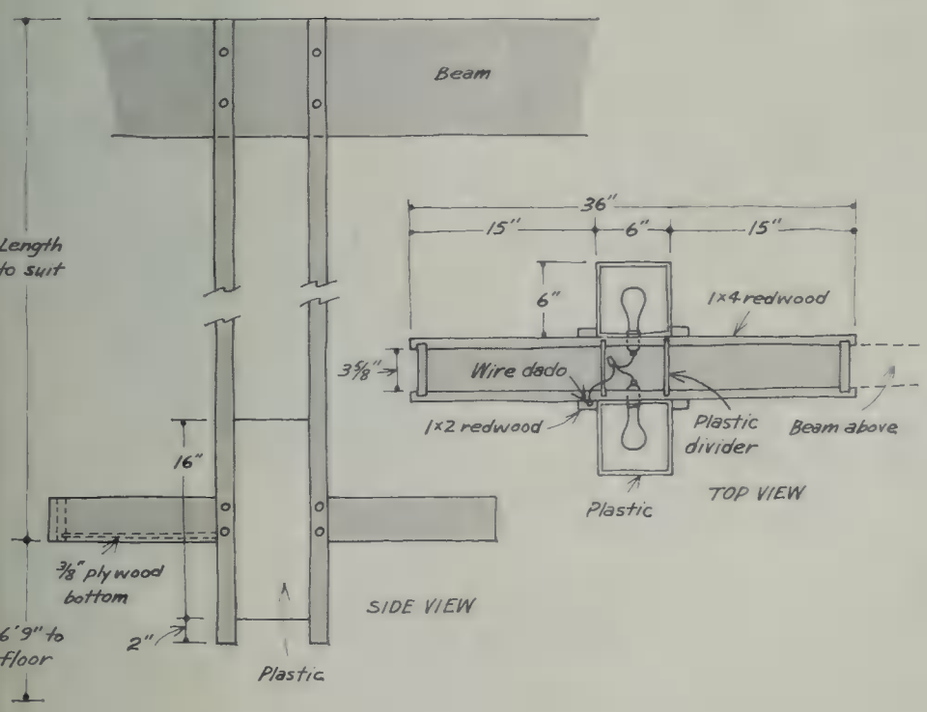
It lights the kitchen and it holds plants

A high ceiling can pose lighting problems in the kitchen. This redwood and acrylic fixture reaches down low enough to provide plenty of light for kitchen counters and a work island. It also doubles as a planter, holding ivy and other house plants in small pots set in bread pans.

The light boxes are made of white translucent acrylic plastic, glued at the edges with plastic solvent glue available at plastic supply centers. To leave an opening for the light socket, make the back side from two rectangles of acrylic, each just long enough to slightly overlap the redwood 1 by 4's of the planter.

Make dado cuts in 1 by 4's to receive bottom, end pieces, and plastic dividers; also cut a groove in one 1 by 2 to hide power cord. Drill holes for light sockets in center of 1 by 4's, then assemble planter box. Secure sides with 1½-inch finishing nails.

Attach vertical 1 by 2's to box sides with finishing nails or screws and attach light boxes to planter box sides with epoxy glue. Install sockets and wiring, running cord up dado in 1 by 2. Cover cord with colored wood filler, mixed to match overall finish of fixture; oil redwood. Design is by architect Lawrence Steiner for the Arnold Cornez family. □



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Mirrors *are large enough for shortest and tallest. Counter is 32 inches high. Two toothbrush holders are visible; third is behind boy's shoulder*

Three boys share this lavatory

There's minimum confusion at this counter even when all three boys are using it at the same time. Two sinks and mirrors practically eliminate any waiting line, and three recessed, swing-out tumbler and toothbrush holders separate these personal accouterments. The clothes hamper and medicine cabinet were placed between the sinks to avoid confrontations.

The architect was Edward Sullam for Dr. and Mrs. Calvin C. J. Sia, Honolulu. □

Pull-out *clothes hamper is big, handy. Anyone rummaging in the medicine cabinet doesn't bother those who are using basins*

The

'After seven summers, suddenly The Sea Ranch is a community. —A beautiful and very alive place'

Like forest mushrooms, houses have been springing up quickly around The Sea Ranch. Next time you visit, you are bound to notice the change from a place with a few scattered houses to what is now a community of homes. You will see, we think, that the great beauty of The Sea Ranch remains untouched. Thanks to good planning, homes are well-spaced. Most houses, already weathered by the sea air, look as though they grew from the landscape. And the countryside has never been more beautiful.

Isn't it time you caught up with the exciting changes at The Sea Ranch and checked over all the many different ways you can enjoy country life here? New condominiums, cluster homes, meadow and forest sites are ready to see. Send the coupon for more information now.

The Sea Ranch is just 105 miles from San Francisco on the Sonoma County Coast above Jenner.

Sea Ranch Life

Here are the new cluster homes on the edge of The Sea Ranch Forest. These handsome cedar shingle dwellings are pre-designed with add-on rooms in mind, so owners can later expand the basic house. Each house enjoys sweeping ocean views. And all have fireplaces and electric kitchens. See the models now.

Marine biologist studies mussels and other shellfish in tidal area at The Sea Ranch. Currently underway is a three-year project —financed by Oceanic Properties—to measure the effect of man's impact, storms and predators on the inter-tidal area here.

These "walk-in" cabins are just one of the great new ideas you'll see at The Sea Ranch. Cabins are located on secluded tree-filled sites a short distance from car storage points. You walk in to your cabin, leave car clutter and noise behind.

Beautiful big butterfly kites (like those the Japanese make) catch the wind on The Sea Ranch meadow. Annual Kite Competition here in spring is a field day for small boys and girls, and fathers and mothers who like to lend a hand.

The Sea Ranch SS-32
P.O. Box Number One
The Sea Ranch, California 95497

Please furnish me more information on The Sea Ranch, including complete details on the recreational facilities.

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The Sea Ranch is developed by Oceanic Properties, Inc., a subsidiary of Castle & Cooke, Inc.

Kroehler Early American Sofa and Love Seat. The colonial look you'll love to live with. In multicolored, textured 100% Herculon® olefin. Comfort plus graceful styling. Extra-large generously proportioned Swivel Rocker, $177. Love Seat, $237.

Sofa $277

Kroehler Mediterranean Corner Sectional. *DuPont nylon face velvet* (over rayon) protected with *Zepel®*. Handsome sculptured base. Matching Kroehler Relaxer® reclining chair, with loose seat cushion, $147.

3-piece corner sectional $597

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C. Kroehler Relaxer® 4 comfort positions, including horizontal. **$127**

D. Kroehler Swivel Rocker. **$97**

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Kroehler cradles you in deep, deep comfort — handsome Naugahyde® vinyl over soft polyurethane foam padding. Love Seat, $247. Chair, $147. Ottoman, $57.

Sofa $297

Look how the Levitz Warehouse Way has revolutionized the furniture industry

What is the Levitz Warehouse Way?

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What is the Levitz Warehouse Way?

It's carloads of furniture at our own private railroad sidings, right next to our warehouse and showroom.

What is the Levitz Warehouse Way?

It's over 100 room groups assembled for you to shop from - to give you hundreds of decorating ideas for your own home.

What is the Levitz Warehouse Way?

It's Famous Brands like DuPont Nylon and Dacron®, Kroehler, Herculon, Thomasville, Bassett, Uniroyal, Simmons, Daystrom, Zepel, Singer and Futorian, ready for you to take home immediately or ready for instant delivery.

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It's eliminating retail frills to give you the outstanding values you see on these pages.

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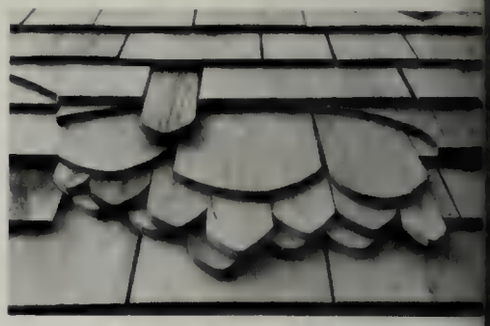
☐ Send color card on Decking & Fence Stains.
☐ Send 25¢ for Cabot handbook on Wood Stains.

NORMAN A. PLAT

Design *in cedar shingles o studio wall represents tree trunk branches, hanging leave*



Relief *is raised by overlapping layers of shingles cut t varying lengths, width*

Whimsy on a shingle wall

The exterior wall of this artist's studio is a sculpture in itself. The shingles are cut and overlapped to make a whimsical treelike design inspired by the surrounding forest. The design adds considerable interest to an otherwise flat wall.

As the shingles are applied to the wall, extra layers are added to the design area, creating a raised-relief effect. Branches and leaves are simulated by overlapping shingles cut in different lengths, widths, and shapes.

As in any shingling project, you work upward row by row. Sketch the design on the unfinished wall first, so you'll know exactly where to add the extra shingles as you work up.

This wall was made by Elmer Whaley for Mr. and Mrs. Bruce Kauffman of Mendocino, California. □

Available in House & Garden colors.

Kirsch takes the worry out of window decorating.

Let's face it. Decorating in general, and window treatments in particular, should be a lot more fun and a lot less effort. So Kirsch is doing something about it—to eliminate some of the anxieties and apprehension.

Starting with the new Kirsch book, "How to make your Windows Beautiful." It's as informative as it is inspiring. 132 pages of ideas and how-to facts. 125 room settings in full color.

Then there's "The Kirsch Window Treatment Planning Guide," an industry first. You'll find it at fine stores carrying Kirsch. Using the Guide, even the most inexperienced homemaker can select from 140 different window treatments—and then choose the right hardware and accessories. With or without sales help.

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Kirsch

Insist on it.

Sunset's Kitchen Cabinet®

For a quick and warming picnic before an October football game, try a hearty soup served from a wide-mouthed vacuum bottle; or have the soup ready to heat and enjoy after the game. At a brunch or luncheon this month you might offer a hot eg and broccoli entrée or a refreshir tuna salad.

The moist and glazed cupcakes sto and travel well and are a good choic for lunch boxes or to have on han

Colorful vegetables and lean beef stew meat distinguish this whole-meal soup

Beef and Vegetable Supper Soup

You might offer sour cream at the table to add to individual servings.

- 1½ pounds boneless lean beef, cut in bite-sized pieces
- 3 cups water
- About 1 teaspoon salt
- About ¼ teaspoon pepper
- 1 clove garlic, minced or mashed
- 1 whole bay leaf
- 3 tablespoons pearl barley or rice
- 1 can (1 lb.) tomatoes
- 2 stalks celery, sliced
- 2 large carrots, sliced
- 1 medium-sized onion, cut in wedges
- ¼ small head cabbage, coarsely shredded
- 1 can (about 1 lb.) red kidney beans

In a Dutch oven or other large, heavy pan, combine the meat, water, 1 teaspoon salt, and ¼ teaspoon peppe Bring slowly to a boil, spooning o any scum that rises to the top. Ad garlic and bay. Cover and simme gently until meat is tender, abou 1¼ hours.

Add the barley or rice, tomatoes (in cluding liquid), celery, carrots, onion and cabbage. Cover and simmer un til the vegetables are tender, about 2 minutes. Add the beans, includin their liquid and cook just until heate through. Taste, and add more salt an pepper, if needed. Makes about meal-sized servings.—*M. C., Sal Lake City.*

Make sauce quickly in a double boiler; using whip or spoon to stir in cheese

Eggs and Broccoli with Cheese Sauce

The flavors of deviled eggs and broccoli are united by a delicious buttermilk cheese sauce.

- 4 eggs, deviled (directions follow)
- About 1¾ pounds broccoli
- Boiling, salted water
- ¾ cup buttermilk
- 1 clove garlic, minced or mashed
- 1 teaspoon Dijon-style mustard
- 6 ounces process Swiss cheese, diced

Prepare the deviled eggs; set aside.

Prepare the broccoli, peeling the stem ends and cutting into uniform sized spears. Cook in boiling water until just tender when pierced, about 5 minutes; drain and arrange in a shallow serving dish with flowers near rim; arrange eggs on top.

Meanwhile for the sauce, combine buttermilk, garlic, and mustard in the top of a double boiler. Place over simmering water and heat to scalding. Add cheese, a handful at a time, stirring until melted and smooth. Spoon over the eggs and broccoli. Serves 4.—*H. N., San Francisco.*

Deviled Eggs. Split 4 hard-cooked eggs in half lengthwise; spoon out yolks. Mix with 2 tablespoons *each* mayonnaise and chopped green onion. Season with salt and pepper; spoon into egg whites.

Dice an assortment of raw vegetables; then marinate in vegetable vinegar mixture

Fresh Vegetable Relish

Served in generous portions, this crisp relish can double as a salad; it resembles cole slaw and is delicious with beef.

- 2 medium-sized tomatoes
- 1 large green pepper
- ½ large cucumber, peeled
- 2 large stalks celery
- 1 medium-sized onion
- 1 medium-sized zucchini
- ½ cup *each* sugar and cider vinegar
- About ½ teaspoon salt
- About ⅛ teaspoon pepper

Peel tomatoes and dice into pieces ¼ to ½ inch square, discarding any large seed pockets. Cut remaining vegetables into pieces about the same size as tomatoes. You should have about 2 cups of the tomato, and 1 cup *each* of the green pepper, cucumber, celery, onion, and zucchini. Put into a bowl and add the sugar, vinegar, ½ teaspoon salt, and ⅛ teaspoon pepper; stir until well blended. Cover and refrigerate for 4 hours, or overnight.

At serving time, remove vegetables with a slotted spoon to a serving bowl. Season with more salt or pepper, if needed. Discard liquid. Makes about 7 cups, enough for 8 to 10 generous servings.—*H. L., Santa Barbara, Calif.*

f Halloween goblins and witches.
: invite you to share your own ginal recipes. Mail them to Home onomics Department, *Sunset Mag-ne*, Menlo Park, Calif. 94025. We y $10 for each recipe published.

Soup before football, eggs with broccoli, applesauce cupcakes

na Salad with Fruit

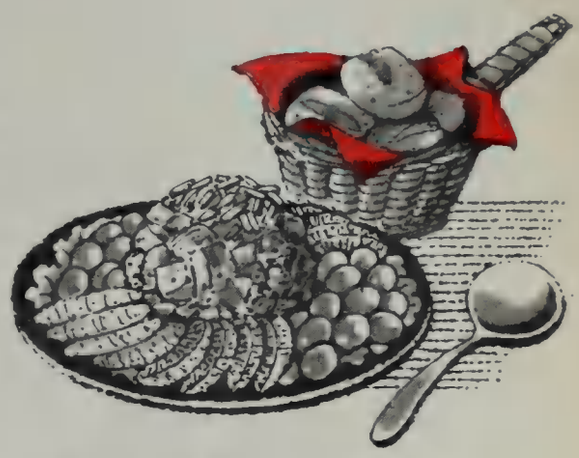
cy orange sections and seedless pes make a refreshing garnish for s tuna luncheon salad.

- 2 medium-sized oranges
- ¼ cup mayonnaise
- ¼ cup sour cream
- Dash liquid hot pepper seasoning
- 2 cans (about 7 oz. *each*) solid pack tuna, drained
- 1 cup sliced celery
- Salt and pepper
- Crisp salad greens
- ¼ cup toasted slivered almonds
- 1 cup halved seedless grapes

ate 1 teaspoon orange peel; set de. With a sharp knife, cut the re-aining peel and white membrane the oranges. Carefully lift out the orange sections; cover and chill.

For the dressing combine the grated peel, mayonnaise, sour cream, and hot pepper seasoning. Turn the tuna into a bowl, breaking it apart into large chunks; add the celery and gently mix in the dressing. Season with salt and pepper. Cover; chill for 2 to 4 hours.

To serve, line a serving platter or individual salad plates with crisp greens. Mound the tuna mixture in the center; sprinkle top generously with the almonds. Arrange the orange sections and grapes around tuna. Makes 4 servings.—*I. L., Canby, Ore.*



Serve crusty rolls with this festive seafood salad to complete luncheon menu

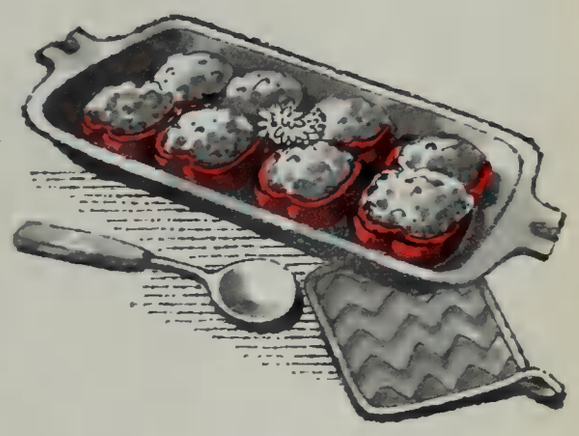
eef Stuffed Pepper Halves

exican seasonings and tortilla chips vor the ground beef filling.

- 4 large red bell peppers
- 1 teaspoon salt
- 1 pound lean ground beef
- 1 medium-sized onion, chopped
- 2 cloves garlic, minced or mashed
- ½ teaspoon *each* ground cumin seed and oregano leaves
- 1 tablespoon chile powder
- 1½ cups tortilla or corn chips
- 1 can (2¼ oz.) sliced ripe olives, drained
- 1 can (8 oz.) tomato sauce
- ⅓ cup grated Parmesan cheese
- 1 cup water

ut the peppers in half lengthwise; scard seeds and stems. Arrange. it side up, in a shallow casserole or baking pan about 9 by 13 inches.

Sprinkle the salt in a frying pan; place over medium heat. Add the beef, onion, garlic, cumin, oregano, and chile powder. Cook, stirring frequently, until crumbly, about 5 minutes. Break the chips into small pieces and mix into the meat with the olives. Spoon mixture evenly into pepper shells, then pour tomato sauce evenly over top and sprinkle each with cheese. Pour water around peppers and bake, uncovered, in a 350° oven for 30 minutes or until peppers are tender when pierced. Makes 4 to 8 servings.—*G. K., Hayward, Calif.*



Red bell peppers retain bright color and sweetness when stuffed and baked

piced Applesauce Cupcakes

hey're brushed with a thin glaze hile still warm.

- ½ cup butter or margarine
- 1 cup sugar
- 1 egg
- 1 cup unsweetened canned applesauce
- 1¾ cups regular all-purpose flour (unsifted)
- 1 teaspoon *each* soda, ground cinnamon, and ground nutmeg
- ¼ teaspoon ground cloves
- ½ teaspoon salt
- 1 cup chopped pecans
- Apple glaze (directions follow)

n a large mixer bowl beat together he butter and sugar until creamy; dd the egg and beat until fluffy. Mix in the applesauce. Sift together the flour, soda, cinnamon, nutmeg, cloves, and salt; stir into the butter mixture until well blended. Stir in pecans. Spoon batter into greased medium-sized muffin cups, filling them ⅔ full. Bake in a 350° oven for about 18 minutes or until the top springs back when lightly touched. Cool about 5 minutes, then remove from pan and brush with the glaze. Makes about 1½ dozen.—*G. C., Oak Harbor, Wash.*

Apple Glaze. Mix ¾ cup sifted powdered sugar with 5 teaspoons apple juice or orange juice until smooth.

Tuck these moist, nut-filled cupcakes into lunch boxes for a noontime treat

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Soup from Wales
. . . cock-a-leekie

No wonder cooks in Wales find so ma delicious ways to prepare leeks—they the Welsh national emblem. Often, th combine leeks with chicken to make warming soup known by the whimsi Scottish name cock-a-leekie. One bo of cock-a-leekie can be an entire me

You make a richly flavored chick broth by simmering a whole chicke then you add sliced leeks, pieces of t cooked chicken, and whole barley. A company steaming bowls of the so with crusty rolls or toasted bread.

Cock-a-leekie Soup

Rinse a 5-pound stewing chicken a place it in a large kettle. Add 1 can (oz.) chicken broth and 1 quart wat Cover and simmer 2 hours, or un chicken is very tender and begins to f away from bones.

Lift chicken from broth. When co enough to handle, remove and disca skin. Pull meat from bones and cut in bite-sized pieces; reserve. Return bon to kettle. Add 2 carrots, cut up; 1 lar onion, quartered; 2 stalks celery (i cluding tops), cut up; 3 sprigs parsl and 3 whole peppers. Cover and si mer 2 hours.

Pour broth through a colander or strai er, discarding flavoring ingredient Skim fat from surface of broth; or chi then lift off solidified fat.

Meanwhile, cook 1 cup pearl barley i 5 cups boiling salted water until almo tender, about 30 minutes. Drain tho oughly and reserve.

Also while you wait, cut off the ro ends from 2 bunches (about 2 lbs leeks. Trim tops so that only about 1½ inches of the dark green leaves remai Split leeks in half lengthwise and stri away the outer 2 or 3 layers of leav until you reach the nonfibrous lig green interior leaves. To wash thorough ly, hold each leek under cold runnin water and separate layers with your fi gers. Thinly slice leeks crosswise; yo should have about 4 cups.

Bring broth to simmering; add slice leeks and 1 large baking potato (peele and shredded). Simmer, uncovered, un til vegetables are tender, about 15 min utes. Add the drained barley and cooke chicken, stirring until hot. Blend in cup light cream (half-and-half). Pou soup into a tureen or ladle directl into individual bowls and sprinkle wit chopped parsley. Makes about 6 meal sized servings.

GF
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POT ROAST WITH VEGETABLES
(Serves 6-8)

3-4 lbs. beef for pot roast
flour
6 small potatoes, peeled; or 2 large, quartered
6 carrots, pared
1 envelope dry onion soup mix
⅓ cup water

First shake 1 tblspn. flour in empty bag. Trim excess fat from meat. Rub roast with flour. Place bag in pan and sprinkle half of onion soup mix on bottom. Put roast in bag and arrange vegetables around roast. Sprinkle remaining onion soup mix over roast and vegetables and add water. Tie bag, puncture six ½" slits in top. Cook in preheated 325°F. oven 2 to 2½ hours. Pierce with fork to test for doneness.

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DARROW M. WA

"Bones" *cross on top holiday loaf*

Crossed "bones" on the bread top

Mexico's Day of the Dead, Novembe 2, is a celebration of much merrimen despite its name and the macabre desig of the refreshments. One of the mos famous of the traditional dishes is *pa de muerto*, or bread of the dead, char acterized by "bones" crossed on th surface. It's a simple yeast bread an fun to offer on our own Halloween.

Pan de Muerto

Bring ¼ cup milk to scalding; remov from heat and stir in ¼ cup butter (i small pieces), ¼ cup sugar, and ½ teaspoon salt. Let cool.

In a bowl mix 1 envelope dry yeast wit ¼ cup warm water; let stand about 5 minutes. Add milk mixture, 1 whole egg 1 egg yolk, and 2⅓ cups unsifted all-purpose flour; blend well. Place dough on a well floured board and knead unti smooth and velvety, about 5 minutes Place in a bowl, cover, and let rise in a warm place until doubled—takes abou 1½ hours. Knead again on a floure board to expel air bubbles.

Cut off a ⅓-cup-sized piece of dough set aside. Divide remaining dough in 3 equal parts; shape each into a rope about 12 inches long. Braid ropes together, pressing ends to hold securely; place on a greased baking sheet and join ends firmly to make a wreath. Divide reserved dough in half; shape each portion into a "bone." Cross bones on top of wreath.

Cover lightly and let rise in a warm place for about 30 minutes or until puffy looking. Brush gently with 1 slightly beaten egg white. Mix ¼ teaspoon cinnamon and 2 teaspoons sugar, sprinkle onto loaf, avoiding the bones. Bake in a 350° oven for about 35 minutes or until richly browned. Serve warm, cut in wedges, with butter. Makes 1 loaf. □

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DARROW M. WATT

alvadorian *dinner features chicken topped with golden onions. 'efried beans with cream topping accompanies*

OCTOBER MENUS

Chicken-with-onions dinner, frying pan breakfast, Greek lunch or supper

We've planned some menu surprises to enliven October's cooler days, and they are all easy on the cook. For the chicken dinner from El Salvador you can grill your own chicken or buy one precooked from a supermarket rotisserie. For the breakfast omelet, you cook bacon, tomatoes, and eggs together in a handsome frying pan to bring to the table for serving. Finally, there's a Greek-style soup dinner that can be prepared almost entirely ahead if you decide to serve it to company.

El Salvador-style dinner

Unusual flavors in this menu delighted those we served it to. Coriander seasons the slow-cooked onions that dress the chicken. If you don't find fresh coriander in your store, check an oriental or Mexican market, where it might be called Chinese parsley or cilantro. Dried coriander leaves, or ground coriander, available in markets, can be substituted for fresh. Another flavor surprise is the whipped cream sauce that tops the refried beans.

Chicken with Coriander Onions
Refried Beans with Whipped Cream Sauce
Cabbage Salad or Cole Slaw
Papaya with Lime Wedges
or Bowl of Fresh Fruit

You can get a head start on this menu by cooking the onions early in the day. Buy barbecued chicken from a supermarket or delicatessen, or broil, bake, or barbecue chicken halves or quarters at home.

You'll need 2 cans (about 16 oz. *each*) refried beans for 4 to 6 servings. Heat beans over low heat, stirring often and serve with a small bowl of whipped cream sauce. To make the sauce, whip ½ cup heavy cream just until soft peaks form; whip in 2 tablespoons sour cream and ¼ teaspoon salt until smooth.

For the cabbage salad, mix 4 cups shredded cabbage with 1 large carrot, shredded, and 1 small onion, finely chopped. Moisten with bottled Italian dressing; season with salt and pepper.

Chicken with Coriander Onion

- 4 tablespoons butter or margarine
- 4 large onions, thinly sliced
- 1 can (8 oz.) tomato sauce
- 1 tablespoon Worcestershire
- 1 tablespoon finely chopped coriander or ½ teaspoon dried coriander leaves, crumbled, or ⅛ teaspoon ground coriander
- Hot, cooked chicken halves or quarters for 4 to 6 servings

In a 10-inch frying pan over medium heat, melt the butter; add onions and sauté, stirring often, until golden, about 20 minutes. Stir in the tomato sauce, Worcestershire, and coriander; bring to boiling. (At this point you can cover

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and refrigerate the onions; then reheat shortly before serving.)

At serving time arrange hot chicken on a serving platter and spoon the onions over the top. Makes 4 to 6 servings.

Frying pan breakfast

Here the familiar combination of bacon, eggs, cheese, and tomatoes cook together into a big omelet to serve directly from a frying pan.

Orange Juice
Bacon and Tomato Omelet
Toasted Rye Bread Butter

If you want to start this ahead for a company brunch, have the orange juice prepared and chilled. You could also have the omelet ingredients ready.

Bacon and Tomato Omelet

- 1 large tomato
- 6 eggs, lightly beaten
- ½ teaspoon *each* salt and basil leaves, crumbled
- ¼ teaspoon pepper
- 2 tablespoons finely chopped parsley
- 4 to 8 slices bacon
- 1 medium-sized onion, chopped
- 1 cup (about 4 oz.) shredded Cheddar cheese

Peel the tomato, cut in half, and squeeze gently to remove some of the seeds. Then cut it into thin slices and set aside.

In a bowl mix the eggs, salt, basil, pepper, and parsley; set aside.

In a 10-inch frying pan, cook the bacon until crisp. Remove bacon from pan and drain; discard all except about 2 tablespoons of the bacon drippings.

DARROW M. WATT

Omelet *contains tomato, onion, shredded cheese. Use spoon to pull eggs to pan sides for even cooking*

Place the frying pan with the 2 tablespoons drippings over medium-high heat; put in the onion, and cook, stirring often, until soft, 3 to 5 minutes. Place the tomato slices in a single layer over the onion; cook about 1 minute, then sprinkle cheese over tomatoes. Pour the egg mixture into the pan and use a large spoon to pull the mixture from the center to the sides of the pan, allowing eggs to flow into center. Cook just until the bottom layer of egg is set, about 2 minutes. Set pan about 8 inches below the heat in a broiler; heat until eggs are set on top, 2 to 3 minutes. Place bacon on top of omelet and serve at once. Makes 4 servings.—*R. L., Portola Valley, Calif.*

Greek-style lunch or supper

For this unusual meal, you cook beef marrow bones along with beef shanks to make a flavorful soup. Then you hollow out the marrow in the bones to use as a spread for toast to accompany the soup. It's best to start the soup a day ahead—it cooks unattended for about 3 hours—then you can chill it and easily remove all the fat. You may need to ask your meat man to save you some beef bones with marrow.

Beef Avgolemono Soup
with Marrow Toast
Greek Island Potato Salad
Baklava or Fruit Pie

To avoid most of the last minute preparation, you can mix the salad and strain the soup early in the day. Shortly before serving, arrange the salad on a serving plate, heat the soup and stir in the egg mixture, then quickly toast the bread, spread with marrow, and heat under the broiler.

For dessert, offer baklava, which is found in specialty food stores or Middle Eastern markets. Or choose a pie from the freezer compartment; bake it early enough to free the oven for broiling the marrow toast.

Beef Avgolemono Soup with Marrow Bones

- About 4 pounds beef marrow bones, cut in about 2-inch lengths
- About 3½ pounds beef shanks, cut in about 2-inch lengths
- 1½ quarts water
- 2 medium-sized onions, quartered
- 3 stalks celery, each cut in 2 or 3 pieces
- 1 cup tomato juice
- 12 whole black peppers
- About 2 teaspoons salt
- ½ teaspoon oregano leaves, crushed
- 2 eggs
- ⅓ cup lemon juice
- 8 to 12 thin slices buffet-style French bread
- Salt and pepper to taste
- ⅓ cup thinly sliced green onions with some of the green tops

In an 8-quart or larger pot, carefully arrange all the bones that have marrow so the marrow is exposed on sides (you

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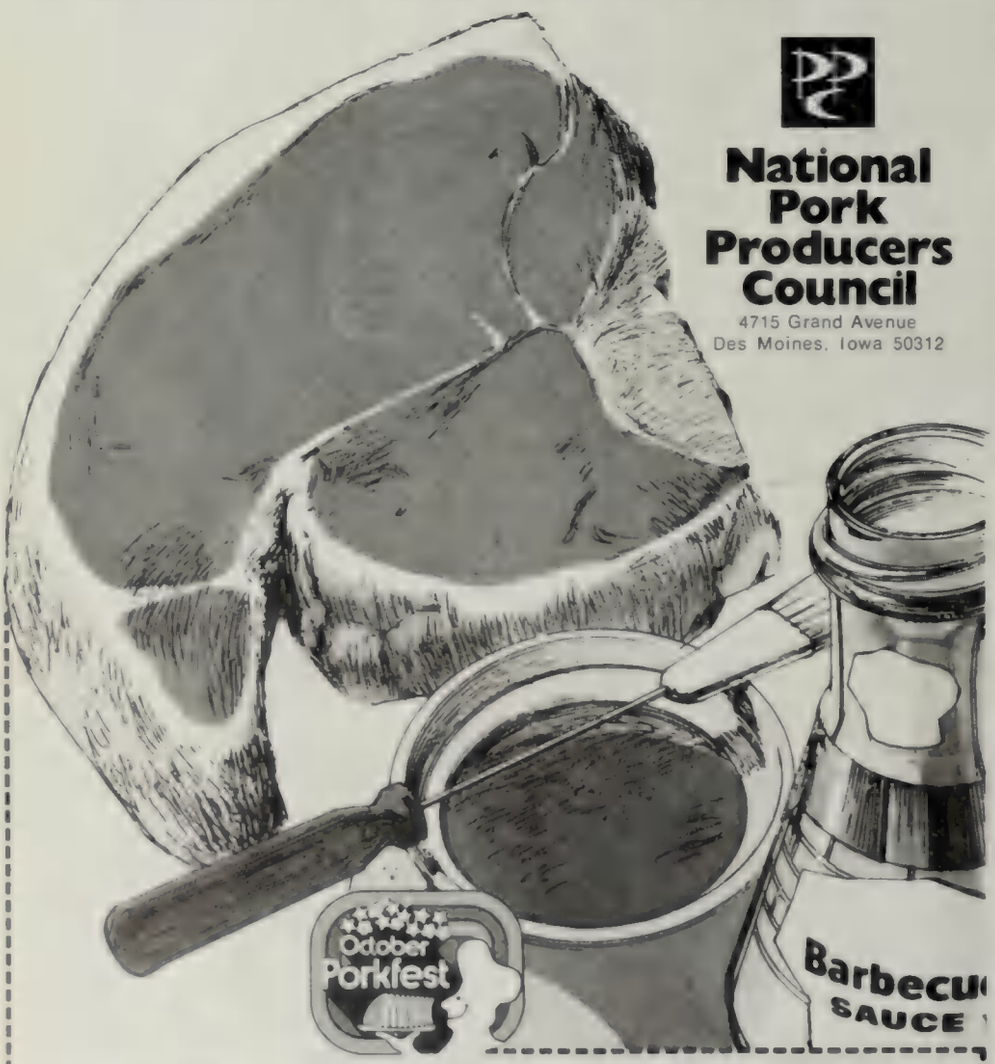
Pork recharges a tired menu.



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don't want it to slip through onto pa bottom). Then put remaining shank bones on top. Add to the pan the water onions, celery, tomato juice, peppers, teaspoons of the salt, and oregano leaves; do not stir. Bring to boiling cover, and simmer very slowly for hours or until meat is tender. Use slotted spoon to lift out all the bone and meat; set aside to cool. Chill the soup covered.

When cool enough to handle, remove marrow from all bones, place marrow in a small bowl, cover, and chill. Strip meat from bones and cut away fat and gristle. Break meat into ¾-inch cubes, put into a bowl, cover, and refrigerate. Discard bones, fat, and gristle.

Lift off and discard solid fat from soup; heat soup until warm, stirring until melted. Strain by pouring through a colander; discard residue. Return soup and meat to the kettle. Bring soup to boiling. Meanwhile, break eggs into a bowl and whip until frothy; whip in the lemon juice. Then take a cup of the hot soup and gradually whip it into the lemon mixture. Remove soup from heat; gradually whip in the lemon-broth mixture; keep hot, but don't allow soup to boil. Add salt and pepper, if needed.

Toast the bread slices by arranging them in a single layer on a shallow baking pan; toast under the broiler about 3 inches from the heat until browned on both sides. Spread marrow on toast, sprinkle lightly with salt and pepper, and return to the broiler until just hot, about 30 seconds. Place toast on a warm serving dish. Turn soup into a tureen and sprinkle onions on top. Makes 4 servings.

Greek Island Potato Salad

- 1 pound new potatoes (about 3 medium-sized)
- Dill dressing (recipe follows)
- 1 cucumber, peeled and cut into ¾-inch cubes
- ¼ cup thinly sliced green onion with some of the tops
- 2 tablespoons finely chopped parsley
- ½ cup pitted ripe olives
- 2 large tomatoes, peeled and thinly sliced

Cook potatoes in boiling water until just tender when pierced, about 25 minutes; drain. When cool enough to handle, peel and cut potatoes into ¾-inch cubes. Put in a bowl and, at once, stir in the dressing; let cool to room temperature. Gently stir in the cucumber, onion, parsley, and olives and chill. Shortly before serving, place tomatoes to make a ring near the edge of a large plate and mound salad in the center. Makes about 4 servings.

Dill Dressing. In a small bowl, combine 5 tablespoons olive oil or salad oil with 3 tablespoons lemon juice, ¾ teaspoon salt, ¼ teaspoon pepper, and ¼ teaspoon dill weed. □

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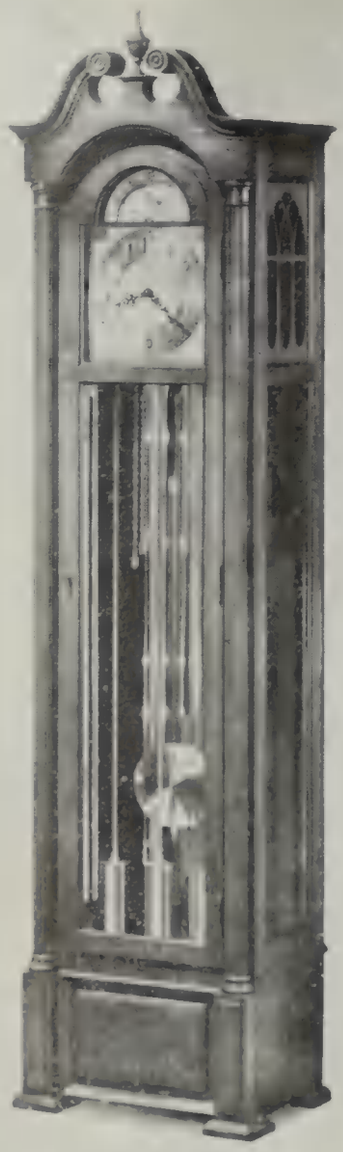

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GLENN CHRISTIANSEN

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Sweet muffins . . . or not too sweet

Freshly baked hot muffins made with whole grain flours and cereals have a robust nutlike flavor and coarse texture.

The first recipe and its variations are mildly sweet and can substitute nicely for bread at dinner. Serve the muffins with fried chicken, roast pork or lamb, baked ham, and salads. For a special breakfast, consider our second muffin recipe. It's sweeter, and for variation you can add banana or apple.

Serve all the muffins hot with butter and honey or jam. If time is short, bake and cool the muffins ahead; at mealtime, wrap in foil and reheat in a 350° oven for about 15 minutes.

Whole Wheat Dinner Muffins

- 1 cup regular all-purpose flour
- 1 cup whole wheat flour (unsifted)
- ¼ cup wheat germ
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 egg
- ¼ cup melted butter or margarine or [illegible] oil
- ¼ cup granulated sugar or firmly packed brown sugar (or 3 tablespoons honey)
- 1 cup milk

Sift the all-purpose flour before measuring, then combine in a bowl with the whole wheat flour, wheat germ, baking powder, and salt; make a well in the center. Lightly beat the egg; stir in melted butter, sugar or honey, and milk. Pour all at once into flour well. Stir just to moisten ingredients, with about 12 to 15 circular strokes that scrape the bottom of the bowl; batter should look lumpy. (Overmixing causes muffins to be tough; they will have tunnels and a texture that's too coarse.)

Grease 2½-inch muffin cups or line them with paper baking-cup liners (if you're using nonstick fluorocarbon finished muffin cups, greasing is not necessary); spoon batter into cups, filling each ⅔ full with batter. Bake in a 375° oven for about 25 minutes or until well browned. Makes about 1 dozen.

Bran Wheat Muffins. Follow the recipe above except omit wheat germ and add ¾ cup whole bran cereal (not bran flakes) to dry ingredients. Blend and bake as directed.

Soy Muffins. Follow recipe for whole wheat muffins increasing all-purpose flour to 1½ cups. Omit whole wheat flour and wheat germ; add ½ cup soy flour. (They're particularly good made with

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Even if you don't trust an honest face, Tommy is one man you can trust. He's a junior staff member at Toy Review, the Information and Opinion Magazine about Children's Toys. He pretests your children's toys in the daily playtime grind. He rates them. Then parents and senior reviewers rate them. If they approve, we guarantee them — safe, durable, educational, and fun. That's our Toy Review guarantee. If it isn't fun, you should return it. Because we care about kids like Tommy, we want to keep his honest face smiling. Below we offer four toys Tommy particularly recommends, and if you'd like to learn more about children and their toys, write for a subscription to Toy Review.

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honey.) Blend and bake as directed.

Buckwheat Muffins. Follow the recipe for whole wheat muffins omitting the all-purpose flour. Increase whole wheat flour to 1½ cups and add ¼ cup buckwheat flour. Blend and bake as directed.

Buttermilk Oatmeal Muffins. Follow the recipe for whole wheat muffins except omit wheat germ and add ½ cup rolled oats (quick cooking or regular) to dry ingredients. Decrease baking powder to 2 teaspoons and add ½ teaspoon soda. Omit milk and add 1 cup buttermilk. Blend and bake as directed.

Sweet Breakfast Muffins

- ½ cup regular all-purpose flour
- ¾ cup whole wheat flour (unsifted)
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg
- ¼ cup melted butter or margarine or salad oil
- ½ cup granulated sugar or firmly packed brown sugar (or 3 tablespoons honey)
- ½ cup milk

Sift all-purpose flour before measuring, then combine in a bowl with whole wheat flour, baking powder, and salt; make a well in the center. Lightly beat egg; stir in melted butter, sugar or honey, and milk. Pour all at once into flour well. Stir just to moisten ingredients, with about 12 to 15 circular strokes that scrape the bottom of the bowl; batter should look lumpy. (Overmixing causes muffins to be tough; they will have tunnels and a texture that's too coarse.)

Grease 2½-inch muffin cups or line them with paper baking-cup liners (if you're using nonstick fluorocarbon finished muffin cups, greasing is not necessary); spoon batter into cups, filling each about ⅔ full. Bake in a 375° oven for about 25 minutes or until well browned. Makes about 9.

Cinnamon Nut-Topped Muffins. Follow the recipe above for breakfast muffins, and fill muffin cups. Combine in a bowl 2 tablespoons *each* firmly packed brown sugar and chopped walnuts or pecans and ½ teaspoon ground cinnamon. Just before baking, sprinkle tops of muffins evenly with sugar-nut mixture. Bake as directed. Makes about 9.

Banana Bran Muffins. Follow the recipe for breakfast muffiins increasing all-purpose flour to 1½ cups. Omit whole wheat flour and add ½ cup whole bran cereal (not flakes) to dry ingredients. Add ⅔ cup mashed ripe banana to beaten egg and decrease milk to ¼ cup. Blend and bake as directed. Makes about 1 dozen. —*L. G., Bremerton, Wash.*

Fresh Apple Muffins. Follow the recipe for breakfast muffins adding ½ teaspoon ground cinnamon to dry ingredients. Stir in 1 cup shredded (unpeeled) tart apple with the butter. Reduce milk to ⅓ cup. Blend and bake as directed. Makes about 10. □

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Barbecued beef and Hungry Jack Flaky Biscuits topped with cheese—hot from the oven. Add a tossed green salad and buttered green beans and you've got it made. Just right for great big appetites.

Hungry Jack Beef Casserole

1 lb. grd. beef
1 tsp. salt
16 oz. can pork and beans
¾ c. Kraft Barbecue Sauce
2 T. br. sugar
1 T. instant minced onion
1 can (9.5 oz.) Hungry Jack Refrigerated Flaky Biscuits
1 c. shredded Cracker Barrel® Cheddar Cheese

Preheat oven to 375°. Brown ground beef, drain. Stir in next 5 ingredients; heat 'til bubbly; pour into 2-qt. casserole. Cut biscuits in half to form 20 half circles. Place cut-side-down around edge of casserole. Sprinkle with cheese. Bake at 375° 25 to 30 min. 'til biscuits are golden brown. Delicious with leftovers. Serves 4 to 6.

Say hello to Hungry Jack Dough.

Pillsbury

How to make your own churros

Street vendors in Spain and Mexico fry long fluted spirals of pastry called *churros* in great cauldrons of hot oil. When the airy-textured pastries are crisp and golden brown, the vendor sprinkles them with sugar and breaks them into short pieces to be sold. They're eaten still warm with cups of hot chocolate or coffee in nearby cafés for a light breakfast or after-supper snack.

Churros are a delicious substitute for doughnuts—try serving them for Halloween festivities. They should be eaten while still warm or they'll go limp.

Churros are easy to make at home. To give them the characteristic fluted appearance, you'll need a pastry bag or cooky press fitted with a star tip. The dough is similar to that of a cream puff. You squeeze it through the pastry tube directly into the hot oil, and as it fries, it swells to a crisp shell with a hollow interior. The warm churros are usually sprinkled with anise-flavored powdered sugar, but you can also sprinkle them with plain powdered or granulated sugar.

Churros

2 teaspoons anise seed (optional)
½ cup sifted powdered sugar
1 cup water
¼ teaspoon salt
1 teaspoon sugar
½ cup (¼ lb.) butter or margarine
1 cup regular all-purpose flour (unsifted)
4 eggs
¼ teaspoon lemon extract
Salad oil for frying

If you use the anise seed, slightly crush it and combine with powdered sugar at

Puffy, crisp churros are served while still warm

DARROW M. WATT

Quickly squeeze *dough into hot oil using pastry bag fitted with star tip; fry like doughnuts*

least 24 hours before you plan to make the churros. Cover tightly and let stand; before using, sift the sugar several times and discard seeds.

In a pan combine the water, salt, sugar, and butter; heat until butter melts. Bring to a full rolling boil over high heat, add flour all at once, remove pan from heat, and beat mixture with a spoon until it becomes a smooth, very thick paste that clings together and comes away from the sides of the pan. Add the eggs, one at a time, beating well after each addition until the paste is smooth and shiny. Stir in lemon extract and let cool for 15 minutes. If you wish, the paste can be covered and refrigerated at this point to fry later; let it warm to room temperature before using.

Fill a large pastry bag (fitted with a large star, or plain tip, if you don't care about fluted look) with half of the paste at a time; or fill a large cooky press with all of the paste. Heat 1 to 1½ inches salad oil in a 10-inch frying pan to 400° on a deep-fat frying thermometer. Start squeezing the paste into the oil until you have a ribbon of paste about 7 to 9 inches long; cut it off with a small knife. You can fry 2 or 3 of these ribbons at a time. Fry them 5 to 7 minutes, turning as needed until well browned on all sides. With a slotted spoon lift the churros out of the oil and drain on absorbent material.

While the churros are still warm, sprinkle with the anise-flavored or plain sugar. Serve immediately. Makes about 1½ dozen churros. □

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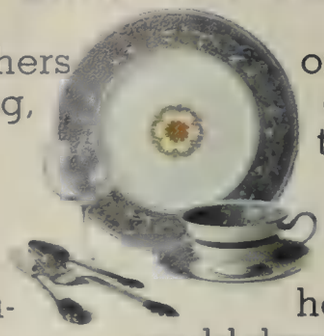
"Philly" Turnover Pies

8-oz. pkg. Philadelphia Brand Cream Cheese, softened
¼ c. sugar
1 pkg. (14 oz.) Pillsbury Refrigerated Cherry, Peach, Blueberry or Apple Turnover Pies

Preheat oven to 400°. Combine cream cheese and sugar 'til smooth. Place squares of turnover dough on ungreased cookie sheet. Spread about 2 tablespoons cream cheese mixture in center of each square. Top with filling. Bring 2 opposite corners of dough to center. Bake at 400° 9 to 13 min. 'til golden brown. Drizzle with icing. Refrigerate any leftovers.

Say hello to poppin' fresh dough

Why KitchenAid dishwashers use forced air drying.



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GARY SHELDON

Spanish *blood oranges and Persian melons under garland of Bavarian field flowers*

Shopper *selects a turnip-sized mild white radish that many Bavarians enjoy thinly sliced and salted as accompaniment to beer. Large bunch is 45 cents*

A visit to Munich's victuals market

Travelers in Munich this fall may enjoy a visit to the city's Viktualienmarkt (victuals market), two blocks of colorful open-air stalls and indoor specialty stores. It can be the perfect place to stop for lunch, or to purchase the makings of a tasty carry-along picnic.

In the heart of the city, only a two-minute walk from the Marienplatz (famous location of Munich's old town hall), the market displays everything from flowers and jars of salad to paper plates. Here you can pick out an assortment of sliced meats in 100 gram amounts (¼ lb.) from one of the wurst (sausage) stands —a flavorful choice is Schwarzwalderschinken (Black Forest ham). You can also buy a loaf of bread of your choosing, or the special bauernbrot (farmer's bread) from one of the bread stands.

Liptauer cheese, a blend of creamed cheeses, paprika, onion, and spices, is a delicacy the cheese vendors sell. Fresh fruit abounds; there's everything from melons and berries to fresh litchis. And your choice of beer or wine is made easy by friendly merchants who will patiently help you select one.

Einzinger and Co., Viktualienmarkt 13, sells everything you might need in the line of paper cups, plates, and napkins for your picnic.

The market is open daily from 6:15 A.M. until 6:30 P.M. weekdays, until 2 P.M. Saturdays, and until 4 P.M. the first Saturday of each month. □

Young people *share their purchases of fruit and cheese in marketplace*

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You needn't watch this *paella*

The Spanish cook *paella*, their classic mélange of meats, seafood, vegetables, and saffron-flavored rice, in a special wide frying pan with double handles. The traditional method requires the cook to pay close attention because the pan has no cover and the ingredients must be added in sequence and stirred.

But this adaptation of paella (pronounced pah-*ay*-yah) can simmer relatively unattended on the top of the range in a deep kettle, or you can bake it in the oven. The paella serves 10 and it can be partly prepared the day before.

Paella

- 2 pounds chicken legs and thighs, separated
- 2 tablespoons olive oil or salad oil
- 8 medium-sized (about 8 oz.) mildly seasoned chorizos, crumbled
- 4 slices bacon, diced
- 1 large onion, chopped
- 2 cloves garlic, minced or mashed
- 1¼ cups long grain rice
- ⅛ teaspoon saffron (optional)
- 1 can (about 1 lb.) stewed tomatoes
- 1 can (about 14 oz.) regular strength chicken broth
- 2 tablespoons *each* minced parsley and white wine vinegar
- ½ cup dry white wine
- 1 teaspoon *each* oregano leaves, ground coriander, paprika, and salt
- 1 pound medium-sized shrimp, shelled and deveined
- 1 package (10 oz.) frozen peas, thawed
- 2 cans (about 3½ oz. *each*) smoked clams or smoked oysters, well drained

In a large kettle (at least 5-quart capacity), brown chicken pieces well in the

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DARROW M. WATT

A rice dish *full of chicken, shellfish, and vegetables—paella makes complete meal when served with wine, French bread, salad*

live oil over medium high heat. Re-
ove chicken and set aside; discard any
at in the pan. Add chorizos and bacon
pan and cook, stirring until lightly
rowned. Add the onion and garlic, and
ook, stirring, until soft.

dd the rice and the saffron (if used)
pan and stir until rice is lightly
rowned, about 5 minutes. Add the to-
atoes, chicken broth, parsley, vinegar,
ine, oregano, coriander, paprika, and
alt to the pan. Arrange chicken pieces
n top. Cover. (Refrigerate for up to
ne day if made ahead.) Bring mixture
boiling over medium heat, stirring as
ecessary, then simmer until chicken
nd rice are tender, about 20 minutes.
dd the shrimp, cover, and simmer for
minutes or until shrimp are firm and
ink. Remove pan from heat.

Vith tongs remove chicken pieces and
et aside; keep warm. Stir peas and
moked clams into rice mixture. If de-
ired, transfer mixture to a wide deep
erving platter. Arrange chicken around
ice mixture. Makes 10 to 12 servings.
—*A. S., Mill Valley, Calif.*

Baked paella. Follow recipe above but
vith these changes: Transfer browned
ncooked rice mixture to a 5-quart cas-
erole or roasting pan and top with the
rowned chicken. Cover pan tightly,
hen bake in a 350° oven for 45 minutes
1 hour if refrigerated). Add the shrimp,
eplace cover, and bake for 15 minutes
nore. Add the peas and clams or oys-
ers, and serve as directed above. □

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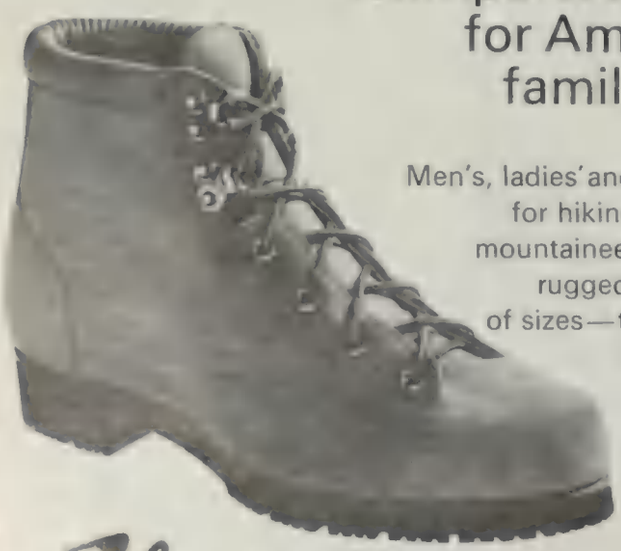

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Your secret is the crunchy peas

Edible-pod peas from your own garde (see page 100) or from your market ad a delightful crunchy texture to orienta dishes such as these two entrées.

Beef and Vegetable Stir-fry

- 1 tablespoon cornstarch
- 1 teaspoon sugar
- ¼ teaspoon ground ginger
- 2 tablespoons soy sauce
- ½ cup beef broth
- About 5 tablespoons salad oil
- 1 clove garlic, minced or mashed
- 1 pound boneless lean beef (such as top round) sliced about ⅛-inch thick, and 1 by 2 inches
- 1 large onion, cut in half, then in ¼-inch slices
- ¼ pound mushrooms, thinly sliced through the stems
- ¾ pound edible-pod peas, ends and strings removed

Mix together cornstarch, sugar, an ginger, blend in soy and broth; set aside

Heat 2 tablespoons oil over high heat i a wok or large frying pan. When oil i hot add garlic and half of the beef, sti constantly until meat is lightly browned about 2 minutes; turn out onto servin dish. Reheat wok, add 1 tablespoon oil and cook remaining meat in the sam manner; turn out onto dish. Add 2 mor tablespoons oil to wok, then onion an mushrooms. Stir and cook for 2 min utes. Add peas, stir, and cook 1 to minutes more. Return meat to pan an add cornstarch mixture. Stir until sauc boils and thickens, about 1 minute. Tur out onto dish. Makes 4 servings.

Edible-pod Peas with Shrimp

- 1 teaspoon cornstarch
- ¼ teaspoon ground ginger
- 2 tablespoons *each* soy sauce and Sherry
- ½ cup chicken broth
- About 4 tablespoons salad oil
- 1 clove garlic, minced or mashed
- 1 pound medium-sized shrimp, shelled and deveined
- ¾ pound edible-pod peas, ends and strings removed
- 1 small can (4 to 6 oz.) water chestnuts, drained and thinly sliced

Mix cornstarch and ginger; blend in soy Sherry, and broth; set aside.

Heat 2 tablespoons of the oil over hig heat in a wok or large frying pan. Wher oil is hot add garlic and shrimp. Cook stirring until shrimp becomes firm, 2 t 3 minutes. Turn into serving dish.

Reheat wok, add 2 tablespoons oil, ther peas and water chestnuts. Stir and cook 1 to 2 minutes. Add cornstarch mixtur and return shrimp to pan, stir unti sauce boils and thickens, about 1 min ute. Turn into dish. Makes 4 servings.

Forest fires burn more than trees.

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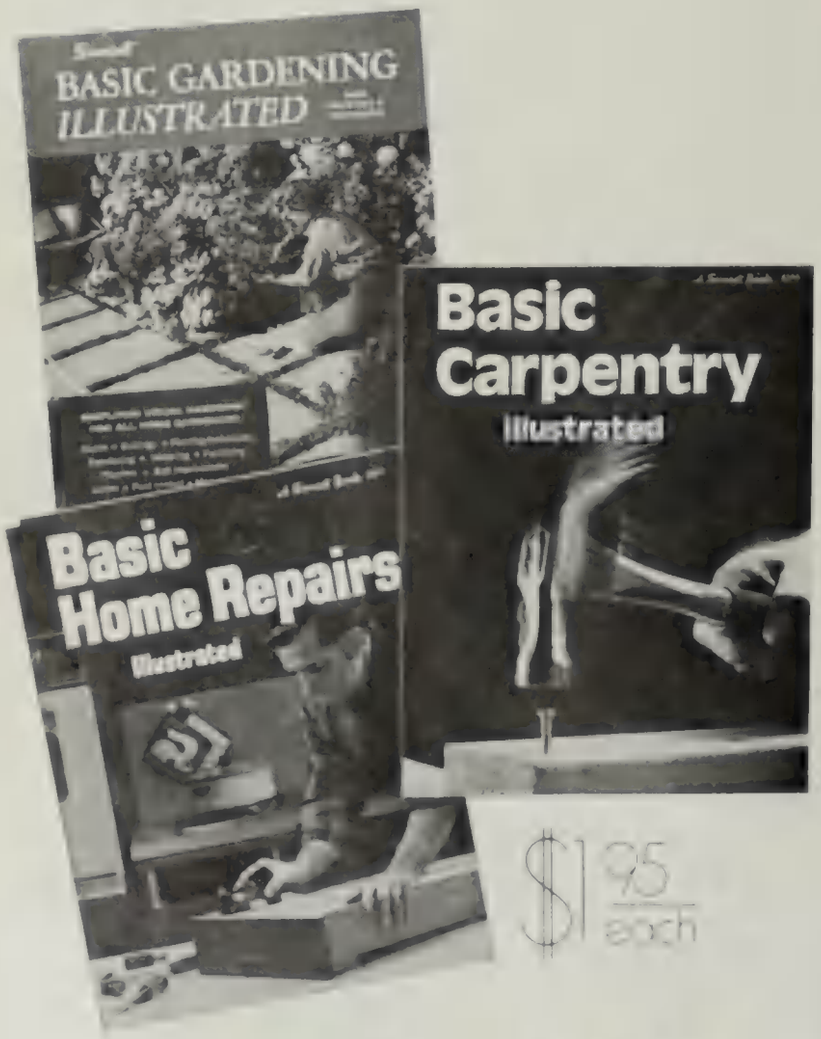
Getting down to basics



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It's spicy-sweet and brilliant red

When green bell peppers are allowed mature and ripen fully in late summ they turn vivid red and develop sweeter, more mellow flavor. Their d tinctive taste and brilliant crimson co are captured in this unusual jelly.

It's spicy-sweet. You'll enjoy it spre on toasted muffins or bread, but it a complements meats and cheeses part ularly well. Try serving it with la or pork roasts, poultry, or with su cheeses as fontina, fontinella, jack, semihard Asiago cheese.

Jars of the brightly colored jelly are attractive you may want to give them Christmas or hostess gifts. To prese it, you'll need to sterilize regular ca ning jars or jelly jars with lids.

Place jars in a large quantity of wa and bring to boiling; let stand in wa for at least 15 minutes or until you ready to use them. Just before filli drain jars by inverting on a cle folded cloth. Scald lids and bands boiling water.

Fill one jar at a time, wiping jar r with a damp cloth. Place lid and ba on jar, tightening band with your ha Tip jar upside down and then turn right side up and place on a cloth board to cool. When cool, check j for a strong seal.

Red Pepper Jelly

- 2½ pounds (about 7 large) red bell peppers
- 2 cups cider vinegar
- 2 teaspoons *each* salt and chile powder
- 10 cups sugar
- ⅔ cup lemon juice
- 1 bottle (6 oz.) liquid pectin

Cut peppers in half; remove and disca stems and seeds. Cut peppers into pie and whirl a few at a time in a blen until *very* finely chopped, or through the fine blade of a food ch per (you should have about 4 cups).

In a large kettle combine pepper p and all the juices, the vinegar, salt, a chile powder. Over high heat bring boiling and boil rapidly for 10 minut stirring occasionally. Remove from h and stir in the sugar and lemon ju Return pan to heat and bring back boiling. Stir in the pectin and boil, st ring constantly, for *exactly* 1 minu Reduce heat and skim off any foa quickly ladle the boiling hot jelly i the hot, sterilized jars to within ⅛-in of rim as directed above. Makes abou pints.—*D. K., Palo Alto, Calif.*

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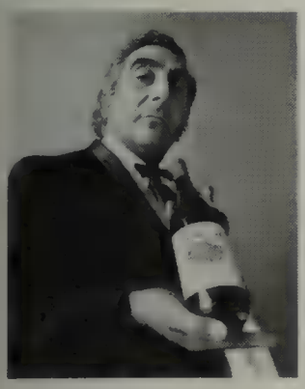

Wine with a meal should be one of life's biggest pleasures.

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That's because how much you know about wine has somehow become an index to how much you've been around. And when the waiter hands you the wine list, it's as if he's handing you your final exam. And the worst part is, it's an oral exam.

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Pinot Chardonnay	pea-no shar-doh-nay'
Pinot Blanc	pea-no blanh
Chenin Blanc	she-nahn blanh
Sauterne	so-tairn'
Sauvignon Blanc	so-vee-nyonh blanh
Semillon	say'-mee-yonh
Riesling	reez'-ling
Sylvaner	sil'-vah-ner
Traminer	trah-mee'-ner
RED DINNER WINES	
Charbono	shar-bo-no
Gamay	gah-may
Pinot Noir	pea-no no-ahr
Red Pinot	red pea-no
Cabernet Sauvignon	kab-er-nay' so-vee-nyonh
Zinfandel	zin-fan-dell
Gamay Beaujolais	gah-may boh-sho-lay

Or worse yet, just pointing to a wine on the list and saying, "Er, ah, we'll have a bottle of that one."

Most people have trouble with wine names because they're mostly French words. Actually, they're really not that hard if you work at them a bit. This pronunciation guide should help.

KNOW WHAT'S HAPPENING.

Now let's go through the whole thing step by step. First you order the wine, pronouncing it correctly. So far, so good. The waiter brings it out and shows it to you. At this point, you're supposed to inspect the label to see if it's the wine you ordered. Check the brand, the type of wine, and the vintage.

That done, the waiter should now open the wine. This is a ritual in itself. A good wine steward should remove the cork and smell it. This is to see if everything is alright. If the bottle has been stored in an upright position, the cork could dry up and air could get through and spoil the wine.

The cork should be placed beside your plate and the wine left open on the table, but not poured. This allows the wine to come into contact with air, which expands its bouquet and gives it a fuller taste. Just before the main course, the waiter should return to pour the wine.

"IT'S A GOOD POISON, BUT IT'S NOT A GREAT POISON."

What follows here is a ritual dating back to the Middle Ages. At that time, a good way to kill off your enemies was to invite them to dinner and slip a little poison in their wine.

Needless to say, everyone soon got a little paranoid about going over to someone's castle for dinner. So in order to set the guests at ease, the host would take the first sip of wine.

We do the same thing today, but there's a more practical reason for this. The host, or man at the table, takes the first sip of wine simply to see if the wine has turned. If a wine has "turned" it has begun to dry out or oxidize. All wines will become corky and sour, if they are exposed to the air for a long period of time. So if the wine tastes unsatisfactory to you, send it back.

AN EASY WAY OUT.

If you still feel a little threatened by the whole situation, here's an easy way to get on top of it.

Ask the waiter which wines on the list are estate bottled.

An estate bottled wine is made only from grapes grown in vineyards under the constant supervision of the vintner.

Then ask him, of those wines, which ones come from Napa Valley.

And of those, which wines are vintage wines.

That should narrow it down to Inglenook.

Which will probably be the most expensive wine on the list, and the best.

The waiter is sure to give you some points for your selection of wine.

Because no fool ever ordered Inglenook with his dinner.

INGLENOOK

We make the most expensive wine in America.

This ad is one of a series. If you'd like copies of the other ads, send your name and address to The Cellarmaster, Box K, Inglenook Vineyards, Rutherford, CA 94573

Arrange *slices of almond filled dough, cut-side up, in pan*

DARROW M. WAT

Serve *honey nut buns warm from the oven with coffee, tea*

Three breads with a touch of honey

A touch of honey sweetens and perfumes these three fragrant breads. In each the distinctive honey flavor is tempered by the judicious addition of nuts or spices, providing the bread with its own personality and purpose.

For a special occasion brunch this month, the yeast buns with their own golden honey-nut glaze are a delicious treat, either freshly baked or reheated.

To accompany a luncheon fruit salad or afternoon tea the raisin-nut loaf is a good choice. Thinly sliced, it can be spread with butter or cream cheese.

Tucked in lunch boxes or for snacks, the peanut flavored loaf will please peanut butter fans. Spread it with butter.

Honey Almond Buns

- 1 package active dry yeast
- ¼ cup warm water
- ¼ cup honey
- ½ cup milk
- ¼ cup melted butter or margarine
- 2 eggs, slightly beaten
- ½ teaspoon salt
- About 8 cups regular all-purpose flour (unsifted)
- Almond filling (recipe follows)

In a large mixing bowl dissolve the yeast in warm water; stir in honey, milk, butter, eggs, and salt. Gradually add 3½ cups of the flour, mixing until well blended (dough will be sticky). Turn into a greased bowl, turn over to grease top, cover, and let stand in a warm place until doubled (about 1½ hours).

Out of board with ½ cup flour, turn dough out onto flour and knead until smooth and elastic (about 5 minutes), adding more flour as needed to prevent sticking. Roll out dough into a 12 by 18-inch rectangle; spread evenly with almond filling. Starting with a long side roll up jelly-roll fashion. Cut across roll in about 1-inch slices and arrange, cut side up, in a well greased 9 by 13-inch baking pan. Cover and let rise until almost double (about 45 minutes).

Bake in a 350° oven for 35 minutes or until browned on top and buns sound hollow when tapped. Immediately invert; quickly scrape out any syrup left in pan and spread it over buns. Serve warm or reheat in a 350° oven, lightly covered with foil, for 15 to 20 minutes. Makes 18 buns.—*J. B., Preston, Idaho.*

Almond filling. Beat together ½ cup *each* soft butter or margarine, firmly packed brown sugar, and honey until blended. Stir in ½ cup *each* regular all-purpose flour, sliced almonds, and shredded coconut; 1 teaspoon almond extract; and ½ teaspoon orange extract.

Raisin-Nut Honey Bread

- ½ cup soft butter or margarine
- ½ cup firmly packed brown sugar
- 2 eggs
- ½ cup honey
- ½ cup buttermilk
- 2 cups all-purpose flour, (unsifted)
- 1 teaspoon soda
- ½ teaspoon *each* ground ginger and ground cloves
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt
- ½ cup raisins
- ½ cup chopped walnuts

In a large mixing bowl beat together the butter and brown sugar until smoothly blended. Add eggs, one at a time, and beat until fluffy. Blend in honey and buttermilk. Mix flour with the soda, ginger, cloves, cinnamon, and salt; mix into the creamed mixture. Stir in raisins and nuts.

Spoon batter into a greased 9 by 5-inch loaf pan. Bake in a 325° oven for 1 hour or until a wooden pick inserted in the center comes out clean. Let cool in pan 10 minutes; turn out and cool completely before slicing. Makes 1 loaf.—*H. P., San Diego.*

Honey Peanut Loaf

- ½ cup soft butter or margarine
- ½ cup chunk-style peanut butter
- ¼ cup firmly packed brown sugar
- 2 eggs
- ½ cup honey
- 1 teaspoon vanilla
- ½ cup buttermilk
- 2 cups regular all-purpose flour (unsifted)
- 1 teaspoon baking powder
- 1 teaspoon soda
- ⅛ teaspoon salt

In a large mixing bowl beat together the butter, peanut butter, and brown sugar until blended. Add eggs one at a time and beat until fluffy. Stir in honey, vanilla, and buttermilk. Mix flour with the baking powder, soda, and salt. Add to cream mixture; mix well.

Spoon batter into a greased 9 by 5-inch loaf pan. Bake in a 325° oven for 55 minutes or until wooden pick inserted in the center comes out clean. Let cool in pan 10 minutes; turn out and cool completely. Makes 1 loaf.

These pots and pans cost more than these.

Because matched, scientifically designed Ekco·Flint® stainless steel cookware lasts longer and cooks better than potluck assortments ever can.

We'd like to help you prevent a mistake.

You could go out and buy cookware odds and ends. Perhaps you'd even save a little money on the initial purchase price.

But after a few years, look what you'd probably have. Beat-up pots and pans that need to be replaced.

If, on the other hand, you'd purchased Ekco Flint cookware, you'd have a set like the one on the right. Still going strong after more than 15 years of daily use.

The difference is a lot more than durability, however. Ekco Flint cookware is scientifically designed to do a better job.

Every Flint pot and pan is made with three layers of metal.

The two outside layers (the ones you see) are gleaming stainless steel. The middle layer (the one you can't see) is a carbon steel radiant heat core to cook food evenly, all around, like an oven.

The rims and covers on Flint cookware also help you cook better. They're specially designed to form a vacuum seal when you lower the heat. And the self-basting lids recycle moisture so foods cook in their own natural juices.

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But, most important, Ekco Flint pots and pans last. They hold their shape year after year. The handles stay tight. The lids continue to fit snug. It all means you don't have to waste money replacing your cookware.

In fact, Ekco Flint cookware is guaranteed 15 years.*

With a family to cook for, you can't afford to make a mistake. Try just one Ekco Flint saucepan. You'll want the rest.

For the name of your nearest Ekco dealer and our free booklet, "How to Choose and Use Cookware," call free 800-631-1972 (in New Jersey, 800-962-2803). Ask for Operator Five.

Or write us, care of Dept. S1910

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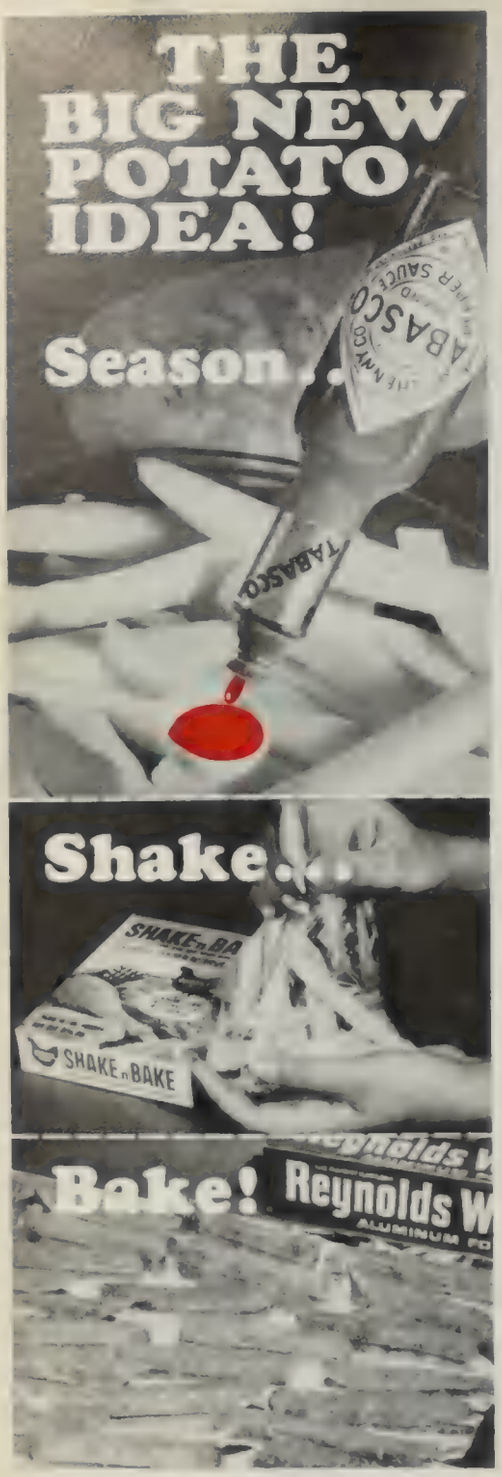
*If this product fails due to defects in workmanship or material within 15 years, return postage prepaid and Ekco, at its option, will replace or provide equivalent substitute at no charge.



Baked Potato Slims

A flavor coated, oven-baked version of the French Fry. No more deep fat frying. Just golden, cheese-spiced potato goodness your family can get excited about. Tabasco brand pepper sauce adds that mmm-what's-in-it flavor.

- ¼ cup water
- 2 tablespoons vegetable oil
- ½ teaspoon Tabasco® brand pepper
- 4 medium size Idaho® Potatoes or 1 pkg. (9 oz.) frozen Idaho French fries
- ¼ cup grated Romano or Parmesan cheese
- 1 envelope Shake 'n Bake® Seasoned Coating Mix for Chicken
- Reynolds Wrap® Aluminum Foil

Mix water with oil and Tabasco. Peel 4 Idaho Potatoes and cut into strips or use [illegible] Idaho French fries. Toss [illegible] in water and oil mixture. Mix [illegible] with Shake 'n Bake in bag. Shake [illegible] at one time until evenly [illegible] on Reynolds Wrap [illegible] 400° oven for [illegible] (for frozen potatoes)

TABASCO made from selected ripe peppers

Copyright [illegible] TABASCO is the registered trademark [illegible] Co. pepper

Scallopini and saltimbocca with chicken instead of veal

Many Italian recipes—like scallopini for instance—begin with boneless veal that's pounded thin. But veal is scarce and expensive in our markets, so resourceful cooks can use chicken instead.

When chicken breast is pounded thin, it tastes remarkably similar to tender veal. Try it in these two recipes patterned after classic Italian veal dishes. In both recipes you first pound chicken breast into thin fillets, then brown them quickly in a frying pan.

To prepare thin chicken fillets, first remove skin from chicken breasts. Then pull and cut the meat away from bones carefully to avoid tearing. Cut whole breasts in half. Arrange the breast pieces 5 or 6 inches apart on a large sheet of waxed paper. (Or do one piece at a time.) Cover with waxed paper and pound meat firmly with a flat-surfaced mallet until each piece is 2½ to 3 times larger in size, using even blows to avoid breaking meat apart. Replace paper if it tears.

To cook chicken fillets, heat only enough olive oil or salad oil in a frying pan over high heat to coat the bottom of the pan. Gently ease chicken from paper and cook without crowding until edges become light; turn and cook until meat becomes white on all sides and begins to brown (takes 1 to 1½ minutes). Add small amounts of oil to pan when needed to prevent sticking.

Chicken Scallopini

Prepare 2 pounds chicken breasts in thin fillets as directed above. Cook chicken pieces as directed and, as each is browned, arrange on a warm serving platter and keep warm. (Or you can brown chicken an hour or so before dinner, placing pieces in a baking dish; set frying pan aside without washing.)

If chicken is cooked ahead, reheat it (covered) in a warm oven while preparing sauce. Melt 3 tablespoons butter or margarine in the frying pan over medium heat. Add ½ pound mushrooms, sliced, and 1 clove garlic, minced or mashed; sauté until golden brown, about 5 minutes. Add ¼ teaspoon *each* salt, marjoram, and thyme leaves (crumbled), and 1 tablespoon lemon juice. Blend 1½ teaspoons cornstarch with ½ cup Marsala wine or chicken broth until smooth; stir into mushroom mixture. Cook, stirring up all the browned bits in pan, until it boils and thickens. Pou sauce over chicken and sprinkle wit ½ cup grated fresh Parmesan cheese Garnish the plate with lemon wedges Makes about 4 servings.—*P. W., Van couver, Wash.*

NORMAN A. PLATE

Slip *pieces of chicken breast between waxed paper, pound thin. Cook like veal scallopini*

Chicken Saltimbocca

Prepare 2 pounds chicken breasts in thi fillets as directed at left. Cook chicke pieces as directed and, as each i browned, arrange in a single layer o slightly overlapping in a shallow bakin pan or bake-and-serve pan (about 8 b 12 inches).

In the frying pan melt 3 tablespoon butter or margarine; add ¼ cup dr Sherry or chicken broth and ¼ tea spoon sage leaves, crumbled. Heat an stir up all the browned bits in the pa and pour evenly over the chicken. (Yo can do this much an hour or so befor dinner.)

Just before serving, cut into strips 2 thi slices (about 2 oz.) fully cooked ham an 4 slices (about 4 oz.) process Swis cheese; distribute over the chicken Sprinkle with ½ cup grated fresh Par mesan cheese. Bake, uncovered, in 475° oven for about 6 minutes or unti cheese melts and bubbles. Serve at onc or transfer to a platter to serve. Make 4 servings.

Saab vs. Audi

1972 Saab 99E, 4-door	Model	1972 Audi 100 LS, 4-door
4 cylinders, in-line, water-cooled	Engine Design	4 cylinders, in-line, water-cooled
Yes	Overhead Cam	No
95 hp (SAE) at 5200 rpm	Maximum Engine Output	90 hp (SAE) at 5200 rpm
113.1 cubic inches	Displacement	114.2 cubic inches
Yes	Electronic Fuel Injection	No
4-speed manual/3-speed automatic OPTIONAL	Gearbox	4-speed manual/3-speed automatic OPTIONAL
Yes	Front Wheel Drive	Yes
0 to 60 in 12.5 seconds	Acceleration	0 to 60 in 12.7 seconds
197 feet	Stopping Distance Maximum Load at 60 mph	222 feet
99 mph	Top Speed	105 mph
97.4 inches	Wheelbase	105.3 inches
172 inches	Overall Length	182.6 inches
66.5 inches	Overall Width	68.1 inches
34 feet	Turning Circle Diameter	36.7 feet
3.5	Steering Wheel Turns, Lock to Lock	3.94
23.3 cubic feet	Trunk Space	23 cubic feet
2550 lbs.	Curb Weight	2467 lbs.
Yes	Electrically Heated Driver's Seat	No
Yes	Heating Controls for Rear Seat Passengers	No
Yes	Fold-down Rear Seat	No
Yes	Impact Absorbing Bumpers	No
Yes	Rack and Pinion Steering	Yes
Yes	Disc Brakes On All Four Wheels	No
Yes	Dual-Diagonal Braking System	No
Between rear wheels	Fuel Tank Location	Behind rear wheels
1 year/unlimited mileage	Factory Warranty	2 years/24,000 miles
$3,795	Base Price	$3,855

Before you buy theirs, drive ours. Saab 99E.

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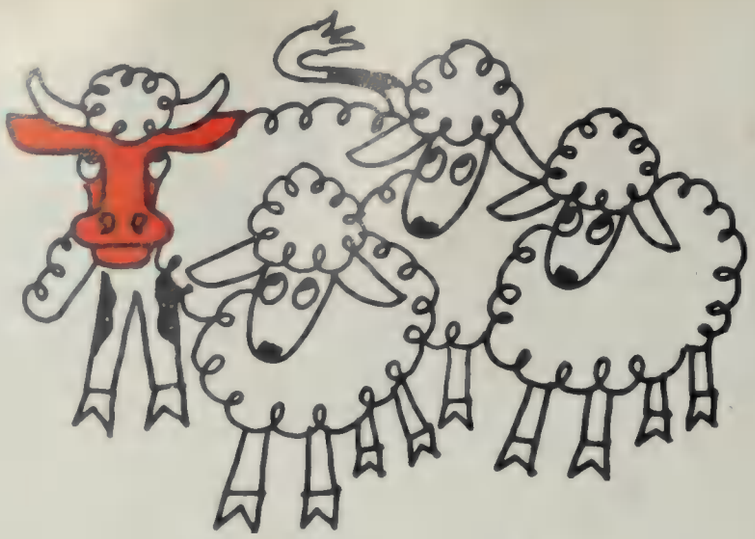

Watch out for cows in sheep's clothing.

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GLENN CHRISTIANSE

Last-minute *frying takes less than 2 minutes when vegetables are precooked*

How to stir-fry vegetables

If you're familiar with Chinese cooking you'll probably recognize this method o cooking vegetables. It's similar to th way Chinese cooks stir-fry meat an vegetable combinations.

As in Oriental stir-frying, our vegetabl recipes use salad oil for cooking, an only in scant amounts, making then ideal for dieters. Since the seasoning are not necessarily Oriental, these dishe fit almost any menu plan.

The vegetables cook quickly so they ar *just* tender, retain some crispness, an keep their natural colors and flavors As with all stir-fry cooking, the cuttin and measuring is done ahead, so it i easy to manage for company meals.

Our basic recipe suits most fresh vege tables and vegetable combinations. I offers a choice of seasonings, but thes vegetables are all best when some as sertive flavors like onion, garlic, or fresl ginger are used. Following the recip are directions for preparing differen vegetables and some seasoning varia tions you might like to try.

Western Stir-fry Vegetables

3 to 4 cups cut vegetable (suggestions follow)
Boiling, salted water
About 1 tablespoon salad oil
1 or 2 teaspoons finely chopped fresh ginger (optional)
1 or 2 cloves garlic, minced or mashed (or substitute onion—see below)
About 1 tablespoon water
About 1 teaspoon sugar
About ½ teaspoon salt
Chopped parsley, sliced green onion, or toasted sesame seed (optional)

Cut the vegetable in uniformly sizec pieces. To precook them, drop the vege tables into a large quantity of rapidly boiling, salted water; cook until they fee

Special announcement from American Archives.

Subscriptions now being accepted for a limited edition of the "We Are One" Commemorative Plate.

Here is the first in a commemorative series depicting six historic moments in the Revolutionary period, fashioned in antique-finished pewter.

This is undoubtedly the most unique of the Commemorative plates issued in anticipation of the nation's Bicentennial Celebration.

It is completely cast in pewter, which was part and parcel of the Colonial period and is enjoying a great revival among collectors today.

The rim design is based on the famous "Continental Dollar" of 1776.

The "Continental Dollar" was the first silver dollar-sized coin ever proposed for the United States, but was never generally circulated. International Silver, designers of this plate series, felt it was a fitting theme for a Bicentennial Commemorative Series.

On the rims of these plates are the state seals of all 13 Original States, linked by the statement "We Are One."

The center of each plate depicts a different great historical moment in the creation of our nation. The first in the series is based on the famous John Trumbull painting of the presentation of the Declaration of Independence to the Continental Congress.

Actual size 8⅞"

No. 1 of Six: Presentation of Declaration of Independence. Offered at $40.

The detail and depth of the relief work on these plates is superb. Each plate is almost 9" in diameter and weighs approximately two pounds.

On the reverse side of the plate is inscribed the registry number of the owner, as well as historical background of the scene shown on the plate and the signature of the famous sculptor, de Oliveiro, who recreated this scene. The back of the plate has an unobtrusive indentation for convenient wall hanging.

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The number of Americans who can own this first plate in the series, as well as the five that follow, will definitely be limited.

Only those subscriptions for Plate No. 1 postmarked on or before December. 31, 1972 can be considered. Shortly thereafter, all plates commissioned by that date will have been cast and the molds for the center sculpture destroyed, never to be used again.

As an owner of this plate, your name will be registered, your plate numbered and a certificate of registration will be sent to you with your plate. Each plate will be shipped in a specially designed storage/shipping case to protect it.

Subscriptions for Plate No. 1 must be postmarked by December 31, 1972.

This plate, as well as the entire set, promises to be a highly sought-after collectors' item.

Enter your subscription for this commemorative as early as possible. We will be unable to honor any subscriptions dated after December 31. This offer is available through American Archives only. Plates desired for Christmas gifts should be ordered immediately.

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American Archives is an organization founded to service and fulfill the rising interest in America's past, as embodied in fine superbly crafted commemorative pieces and collections.

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It is the intention of American Archives to submit to the interested collector those items which it feels meet a high standard of historical significance, craftsmanship and intrinsic value.

"We Are One" Pewter Plate Subscription Form

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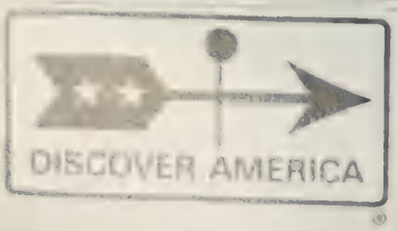

ZIP CODE SPEEDS YOUR PARCELS

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2. They are handled fewer times.
3. There is less chance of damage.

GLENN CHRISTIAN

Cut *vegetables uniformly thick for even cooking: carrots in slanting slices, cauliflower lengthwise through stem*

barely tender when pierced with a for Drain, cool quickly with cold wate drain, and set aside.

Before starting to cook, prepare all t other ingredients and have them with reach of your range. Heat a 10-inch larger frying pan or a wok over hig heat, then put in oil. As soon as oil hot enough to ripple when the pan tipped, add ginger (if used) and garl (or onion); quickly stir with a wide spa ula until browning starts, about 30 se onds. Put in the vegetable, the 1 tabl spoon water, sugar, and salt. Keep tur ing with a spatula until heated, about to 2 minutes (liquid should all evap rate). Turn vegetables out onto a war serving dish and garnish with parsle green onion, or sesame seed, if yo wish. Makes 4 or 5 servings.

Beans (green, Italian, or wax). Cut slan ing slices about 1½ inches long; pr cook about 3 to 5 minutes (only abo 2 minutes for Italian beans). Follo basic recipe or try this: increase garl to 2 or 3 cloves and omit ginger; ad about ½ teaspoon basil leaves with sal garnish with grated Parmesan cheese.

Broccoli. Cut apart flowers leaving som stem on each; cut flowers into slice about ¼ inch thick; peel remainin stems and slice ¼ inch thick. Precoo 3 or 4 minutes. Use basic recipe o omit ginger and garlic and use instead or 2 shallots or green onions, chopped Add a dash of grated nutmeg for garnish

Brussels sprouts. Trim, then cut length wise in half; precook 2 or 3 minutes For garnish, use about ¼ cup toasted chopped cashews or whole pine nuts.

Cabbage. Cut into pieces about 1 by

Pot lucky!

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This isn't your ho-hum, everyday Hero.
If you love good eating, this sandwich is the stuff of romance.
Tender, crescent curves of sliced avocado on top, a mini-meal below. Cheese, salami, ham, whatever you want, anything you have – you could build a monument on a loaf of bread. As long as you top it with Love Food, the California avocado. Because that's the flair that turns a buffet lunch into a legend, a quick dinner into an heroic effort. The noble, nutritious California avocado. Because America deserves great Heroes.

Love Food From California

California Avocado Advisory

nes; precook 1 minute. You could y basic recipe like this: Fry 2 or 3 es bacon in the pan; drain bacon. card all but 1 tablespoon of the drip-gs and use it instead of the salad oil. rnish with crumbled bacon.

rots. Peel and cut slanting slices ut ½ inch thick. Precook 4 or 5 min-s. For variety omit fresh ginger and ead stir in about 1 tablespoon minced died ginger with carrots.

liflower. Divide into individual flow-ts, and slice lengthwise through flow-to make slices about ¼ inch thick. cook 2 or 3 minutes. If you wish, l about 1 teaspoon dill weed with salt.

snips. Trim and peel. Cut into strips ut 2½ inches long and ⅓-inch wide. cook 3 or 4 minutes. Increase sugar asic recipe to 2 tablespoons, and use nulated or brown sugar. Garnish h sesame seed or toasted, chopped hews or almonds.

re's how to combine vegetables:

ion or green (or red) pepper are good litions to most vegetables. Slice as ch as 1 large onion about ¼ inch ck and separate into rings. Or, cut to 1 large pepper into ½ by 2-inch ips. Following basic recipe, put onions peppers in the hot oil first, stir-fry til browned, then add ginger (if used) d garlic, and proceed as directed.

ld fresh mushrooms to vegetables like ans, broccoli, or carrots. Trim up to pound mushrooms, cut in ¼ inch es. Increase salad oil in basic recipe 2 tablespoons; add mushrooms to hot first and stir-fry until browned. Then d ginger (if used) and garlic, and pro-ed as directed.

ld frozen peas to vegetables like car-ts, cauliflower, or cabbage. Defrost to 1 package (10 oz.) peas quickly holding in a colander under hot tap ter; drain. Reduce other vegetable by ount of peas you add; stir-fry the two getables together. □

GLENN CHRISTIANSEN

his combination is cauliflower ith red bell pepper; it cooks in a hinese wok directly over high heat

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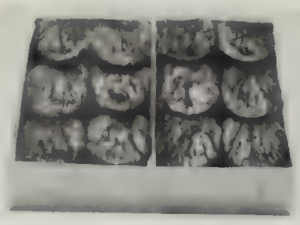

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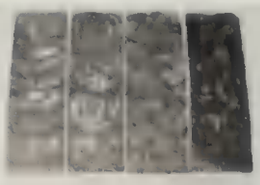

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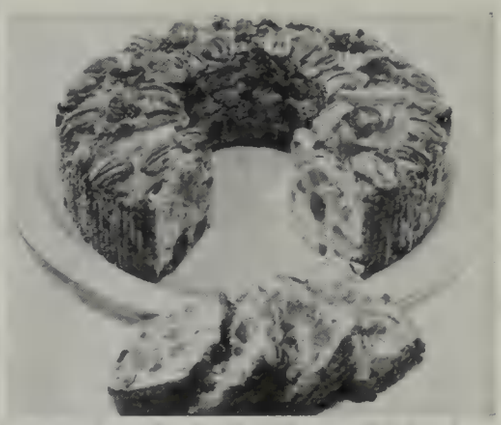

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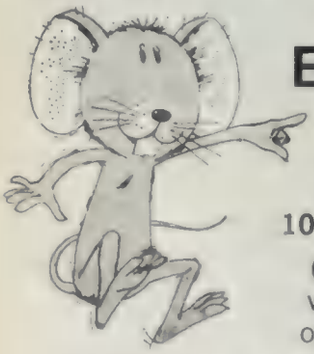

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DARROW M. WATT

Sparkling clear *wine gelatins for first course or light dessert. From left: Chablis with shrimp, Rosé with grapefruit, Traminer with melon balls, Sherry with mandarins*

Surprise . . . wine gelatins

At first encounter the combination of flavor and texture in wine gelatin is a surprise. This shimmering gelatin, served in your finest glassware, can be a pleasant and unexpected treat for the guests at your next dinner party.

In these four recipes we've paired the wine gelatin with shellfish or fruit. Serve any of the four as a first course, letting guests add a dollop of sour cream or mayonnaise, if they wish. The three gelatins with fruit might also be served as a light dessert with sour cream or whipped cream.

The recipes make soft gelatins to serve in glasses. If you plan to unmold any of these desserts, increase the amount of gelatin by half.

Chablis with Shrimp

Soften 1 envelope unflavored gelatin in 1 cup cold water; stir over boiling water until completely dissolved. Stir in ½ teaspoon *each* salt and sugar, 1 tablespoon lemon juice, and 1¾ cups (a half bottle) Chablis. Chill until thick and syrupy; stir in about 1 cup shelled and deveined cooked shrimp, pour into individual glasses, and refrigerate until firmly set.

Serve with a bowl of sour cream or mayonnaise to top each serving. Makes about 6 servings.

Instead of adding only shrimp, try ½ cup each *cooked shrimp and avocado balls or cubes.*

Rosé with Grapefruit

Drain 1 can (1 lb.) grapefruit sections, discarding the syrup (or carefully remove the peel and all the white membrane from a pink grapefruit and lift out whole sections). Soften 1 envelope unflavored gelatin in ½ cup cold water; add 3 tablespoons sugar and stir over boiling water until dissolved. Stir in 1¾ cups (a half bottle) Rosé. (Ask your wine dealer to recommend a medium sweet Rosé.) Add a few drops of red food color, if desired.

Chill until syrupy, then stir in the grapefruit, and pour into glasses; refrigerate until set. Serve for an appetizer or dessert. Makes 4 to 6 servings.

Traminer with Melon

Soften 1 envelope unflavored gelatin in ½ cup cold water; add ½ cup sugar and stir over boiling water until dissolved. Stir in 1¾ cups (a half bottle) Traminer. (Fragrant, spicy Traminer is the most interesting wine with melon, but sweet, or haut, Sauterne is a good second choice.)

Chill until gelatin is syrupy, then stir in about 1½ cups cantaloupe or other melon balls or cubes. (You might combine 2 sizes of balls or mix melon varieties of different colors.) Pour into glasses and chill until set. Makes 4 to 6 servings.

Sherry with Mandarins

Drain syrup from 1 can (11 oz.) mandarin oranges, add ½ cup water to the syrup, sprinkle 1 envelope unflavored gelatin on top; let stand 5 minutes. Stir over boiling water until completely dissolved. Stir in 1 cup Sherry (choose cream, golden, or sweet Sherry). Chill until thick and syrupy, mix in orange sections, pour into glasses and refrigerate until set. Makes 4 to 6 servings. □

Welcome *guests to the table with display of the foods that make this meal-sized Japanese soup*

Hostess *adds pork balls to simmering broth; meat and vegetables are precooked for an easy-to-prepare table meal*

DARROW M. WATT

As soon *as clams have opened, the soup is hot and ready to serve*

It takes *t hands to ser out portions the slippery, h cooked nood*

IT'S UDON-SUKI

Chopstick soup from Japan ... a meal in itself, easy on the hostess-cook

e **Japanese** wide noodle called *udon* es its name to this meal-in-one soup. *on-suki,* like some other Oriental hes, includes a variety of meats and etables, which cook in broth at the le. But unlike the others, this soup includes noodles. And because all ingredients—except the clams—are ked ahead, it is less demanding on hostess-cook.

e soup makes an informal supper for o 6 people. You could serve it following a football afternoon or an evening at the theater, with all the cooking and arranging done earlier in the day.

To round out the menu we suggest a side dish of gingered cucumber slices (recipe follows). Dessert might be slices of chilled melon or small scoops of green tea ice cream (see page 225).

Fresh udon noodles can be found in the refrigerator section of Oriental food stores. Or you can substitute regular noodles, and the meal won't require any special shopping.

If you supply small ladles, guests can help themselves. Or you may do the serving yourself, making sure each bowlful has some of everything. Set each place with a large soup bowl, a soup spoon, and chopsticks (or fork)—for those accustomed to using chopsticks, they are very effective for eating noodles.

Udon-suki

Pork or lamb balls (directions follow)
Vegetables, about 6 to 8 cups total of cut vegetables (choose from the suggestions that follow and prepare as directed)
2 large cans (about 46 oz. *each*) chicken broth (about 12 cups)
About 1 dozen fresh clams in shells
3 packages (about 7 oz. *each*) fresh udon (or about 6 ounces dry udon or other flat noodle or spaghetti)
Boiling, salted water
1 tablespoon salad oil

Ahead of time, mix and brown the pork or lamb balls as directed below; cut and precook vegetables, either in broth or water; arrange on tray for bringing to the table. Also, you can scrub the clams with a brush and rinse in cold water. Keep all these ingredients well covered in the refrigerator.

Shortly before serving, turn fresh udon into a large quantity of boiling water. Heat about 2 or 3 minutes, drain, and mix lightly with the salad oil. (If you use dry noodles, cook them until just tender, drain, and mix with oil.)

Have the pot of broth bubbling hot before seating guests. It heats quickly in an electric wok or frying pan. If you use canned heat or alcohol, it's a good idea to heat the broth to boiling on the kitchen range, then bring it to the table. Start with about half the broth in your table cooker. Keep remaining broth hot in the kitchen.

At the table, put half the clams in the pan, cover, and cook until broth resumes boiling; simmer about 3 minutes. Then put in about half of each of remaining ingredients, or enough for each guest to have a serving. After clams have opened, start serving, making sure that all the cooked foods are removed from the cooker. Then replenish the broth in the cooker, adding remaining clams and other foods as desired for second servings. Serves 4 to 6 generously.—*K. O., Honolulu.*

Pork or Lamb Balls

Combine 1 pound ground lean pork or ground lamb in a bowl with 1 egg, 2 tablespoons flour, 1 tablespoon soy sauce, and ¼ teaspoon ground ginger; add ¼ cup toasted pine nuts, if desired. Shape into balls, using about 1 tablespoon meat mixture for each. Arrange slightly apart in a shallow baking pan. Bake in a 475° oven until browned, about 15 minutes. Save any pan juices to add to soup broth. Makes about 36.

Vegetable choices

In general you can precook any of the cut vegetables in either boiling, salted

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water or some of the chicken broth, called for in the recipe. Light-colored vegetables such as turnips will look more attractive if cooked in water. But broth contributes good flavor to other vegetables, and the vegetables, in turn, add flavor to the broth. If you do use some of the broth, save it all, measure it, and add water to replace liquid that evaporated in cooking vegetables.

Carrots or celery. Cut either of these vegetables in long slanting slices ¼ inch thick. Precook in boiling water or broth until just tender, about 4 minutes.

Cauliflower or broccoli. Divide either vegetable into individual flowerets with about 1-inch stems; cut lengthwise through flowers and cut stems into pieces about ¼ inch thick. Peel tough portions from remaining stems and slice, crosswise, ¼ inch thick. Precook in boiling water or broth until just tender, about 3 or 4 minutes.

Cabbage-spinach medallions. Buy 1 medium-sized celery cabbage (also called Chinese or nappa cabbage) and about 1 bunch (¾ lb.) fresh spinach. Separate leaves from cabbage and cut heavy stem portion from each leaf (you can slice these stems and cook like celery). Plunge leaves into boiling water until just limp and pliable (under 1 minute); remove and drain well. Wash spinach well and remove stems. Plunge spinach into boiling water until limp, about ½ minute; drain.

On a piece of waxed paper, cover an area about 8 inches square with an even layer of the cabbage leaves, smoothed flat. Then cover the cabbage with an even layer of spinach leaves. Starting on one side, roll vegetables together like a jelly roll, pressing firmly as you roll. Then roll over onto a clean muslin cloth; roll tightly, squeezing gently to remove liquid. Refrigerate vegetable roll in the cloth. When thoroughly cold, cut the roll in 1-inch-thick slices with a thin, sharp knife; arrange pieces with one of the cut sides up on tray.

Leeks or Green Onions. Cut root ends from leeks and discard coarse outer leaves; trim the tops, cutting off most of the dark green leaves so that only the tender parts remain. Split each leek lengthwise into halves or quarters and rinse under running water to remove any sand lurking inside. Cut root ends from green onions and trim tops so they are uniformly about 4 inches long; cut lengthwise in halves. Cook either vegetable in boiling water or broth until just tender, about 5 to 10 minutes for leeks (about 1 minute for onions).

Daikon (Japanese large white radish) or turnips. Peel either vegetable and cut across into ¼-inch-thick slices. Precook in boiling water about 3 minutes for daikon (about 4 minutes for turnips).

Edible-pod peas (also called Chinese or snow peas). Remove ends and a strings. Precook in water or broth ab 1 minute.

Oriental dry mushrooms or fresh mu rooms. Soak dry mushrooms in wa water until pliable; drain, rinse w under running water, and cut off ha stem. Precook in broth or water ur tender, about 5 minutes. Slice fre mushrooms through stems about ¼ in thick; precook in broth or water on 2 or 3 minutes.

DARROW M. W

The Oriental *way to eat noodle soup—with chopsticks. Use a spoon for the broth*

Gingered Cucumber Slices

- 1 or 2 large cucumbers
- ⅓ cup rice wine vinegar or white wine vinegar
- 4 teaspoons sugar
- 1 teaspoon salt
- 2 teaspoons grated fresh ginger (or ½ teaspoon ground ginger)

For this recipe use the long, thin Engl or Armenian (sometimes called Syri or Chinese) cucumbers if they're ava able in your market; peel them only you prefer. Or you can use regu cucumbers and peel them: If they a fully mature, cut them in half and scra out any large seeds.

Slice cucumbers very thin to make abo 2 cups; combine the cucumbers in bowl with the vinegar, sugar, salt, a ginger. Cover and refrigerate for at le 1 hour or overnight, stirring seve times. Lift cucumbers out of marina and serve in small individual dish Spoon a little of the marinade over t to moisten. Makes 4 to 6 servings.

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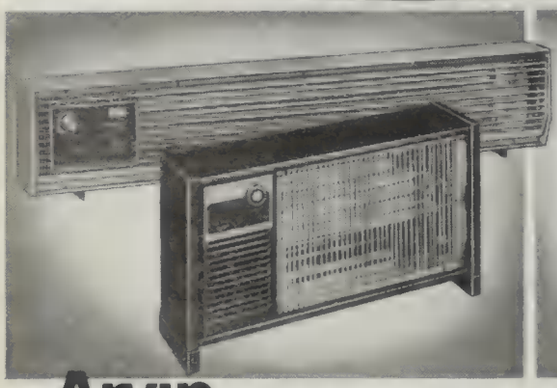

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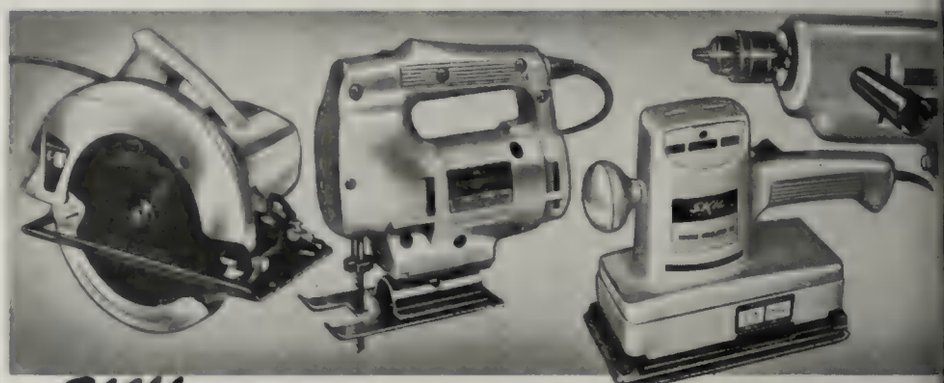

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DARROW M. WATT

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New cook book . . . researched in Italy, then kitchen-tested in California

A carefully chosen sampling of Italy's finest cooking has been gathered into the new *Sunset Italian Cook Book* (Lane Books, Menlo Park, Calif., $1.95).

Its 96 pages contain authentic dishes researched in Italy or perpetuated by Italian-American cooks—with the emphasis on the down-to-earth straightforward nature of the cuisine. There are dishes you'd expect to find, also some surprises, and advice on fitting them into your own meal planning.

The book opens with a glimpse of Italian life, past and present, a look at some special cooking tools, and thoughts on menus and shopping.

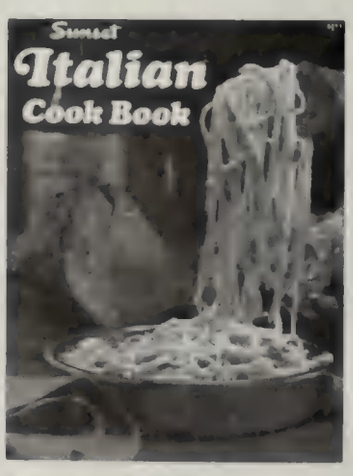
Chapters are divided by menu elements. All the recipes were tested in *Sunset's* kitchens.

In a chapter on the first course, dishes play a dual role; many are predominantly vegetable, and in Italy they are popular as either an opening course or as a companion for an entrée.

Next, a section on soups and salads begins with instructions for a basic homemade broth and a discussion of salad ingredients. Pastas and all that goes with them demand the most complete coverage in the book, and rightfully so. Good Italian cooks feel free to buy pasta as well as make it fresh, and you are offered the same option. The collection of sauces is broadly representative. Some of the involved pasta classics are presented in easy steps. And the related starch dishes—rissoto, gnocchi, and polenta—are also in this chapter.

The meat chapter is devoted to veal, beef, pork, sausages, and variety meats. The poultry chapter takes up chicken and turkey dishes. Included in the fish, cheese, and eggs chapter are such diverse directions as how to clean squid, make a frittata, and prepare fonduta.

Breads are covered in variety, from crusty loaves (baked in an adobe oven you can build) to the grand *Pandoro di Verona*. Desserts range from fresh fruit to showy zabaglione, elegant pastries, and traditional cookies. □



Researched *in Italy, tested for American kitchens*

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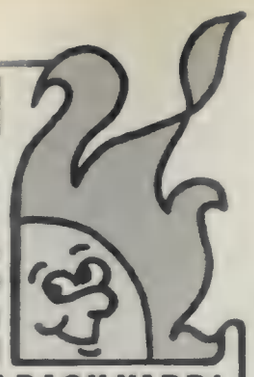

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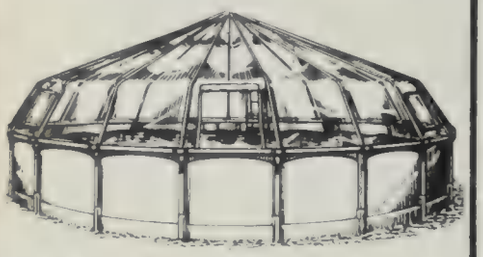

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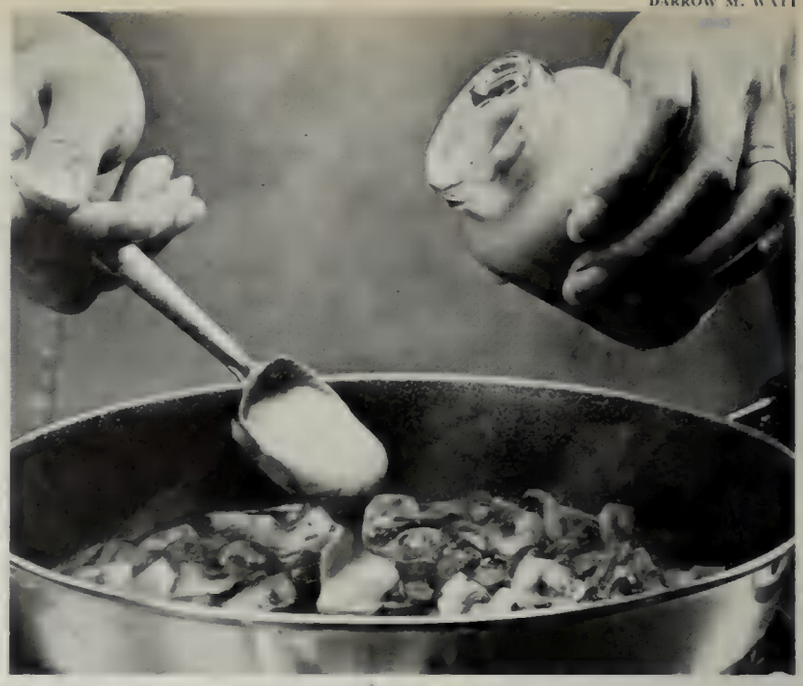
DARROW M. WATT



Add mustard *to mushrooms and wine; add chops, then simmer*

Cooking with the mustard of Dijon

Dijon-style mustard usually accompanies beef, but here its characteristic tartness is used to invigorate pork chops and mild-flavored fish fillets.

In the first recipe, the mustard goes into a creamy sauce with Sherry and mushrooms to coat pork chops. Baked potatoes and green beans are an excellent choice for side dishes.

Pork Chops in Mustard Sauce

- 4 loin or shoulder pork chops (about [illegible] lbs.), each ¾-inch thick
- Salt and white pepper
- ⅓ pound mushrooms, quartered
- [illegible] small shallots, sliced, or 3 teaspoons freeze-dried shallots
- ¾ cup dry Sherry
- [illegible] tablespoons Dijon-style mustard
- ½ cup whipping cream
- Chopped parsley

Trim some of the fat off the chops and melt it in a large frying pan over medium heat until about 1 tablespoon of fat is rendered; discard pieces of fat. Sprinkle chops lightly with salt and pepper. Cook chops in drippings over medium heat until browned, about 7 minutes on each side. Remove chops from pan and set aside.

Add mushrooms and shallots to pan. Stir occasionally until mushrooms are lightly browned. Stir in Sherry and mustard smoothly.

Return chops to pan, cover, and simmer for 45 minutes or until chops are tender when pierced. Transfer chops to a warm serving dish. Add cream to pan drippings and stir over high heat until sauce is reduced to about 1 cup. Pour over meat. Sprinkle with parsley. Makes 4 servings.

Select white, mild-flavored fish fil[illegible] such as Greenland turbot or sole for [illegible] following recipe. Cook the fish fillets u[illegible] golden, then prepare the rich, crea[illegible] mustard sauce. Tiny, whole boiled p[illegible] toes and Swiss chard cooked tender-c[illegible] complement this fish nicely.

Fish Fillets with Mustard Sauce

- 2 pounds fish fillets, cut in serving-sized pieces (thaw thoroughly if frozen)
- Salt and white pepper
- About ¼ cup flour
- 4 tablespoons butter
- ¾ cup dry Vermouth
- ⅛ teaspoon nutmeg
- 6 teaspoons Dijon-style mustard
- ¾ cup whipping cream
- Chopped parsley

Lightly sprinkle fish with salt and pep[illegible] on both sides; coat lightly with fl[illegible] shaking off excess. Melt 2 tablespoon[illegible] the butter in a large frying pan o[illegible] medium-high heat. Place about half [illegible] the fillets in a single layer on pan b[illegible] tom. Cook 3 to 4 minutes on first s[illegible] then turn carefully. Continue cook[illegible] until fish is lightly browned and [illegible] opaque throughout, about 3 minu[illegible] more. Remove fish to a warm serv[illegible] dish; add rest of butter and cook [illegible] maining fillets in same manner.

Remove from heat and pour Vermo[illegible] into pan; stir to blend in browned p[illegible] ticles. Return pan to heat and stir [illegible] nutmeg, mustard, and cream u[illegible] smooth. Bring sauce to a boil, stirr[illegible] until sauce thickens slightly and is [illegible] duced to about 1 cup. Pour sauce o[illegible] fish, and sprinkle with parsley. Make [illegible] servings.—*C. S., Palo Alto, Calif.*

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e one that's best for you depends on the ind of cooking you do.

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Instead, we'd like to talk a more about Aunt Sally's pea . Funny, but it always seems to better when you make it in ld enameled pot Aunt Sally lf bequeathed you.

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Snorkeler *in wet suit shows diving buddy his catch—a legal-sized abalone destined for the picnic pot*

DARROW M. W

Abalone chowder at the beach

First you must get your abalone

You need to bring in only one abal to make the simple chowder being joyed in the picture at left. And you do all the cooking right on the beach

Skin diving is usually the productive w to catch abalone, but adventurous ti pool prowlers also stand a chance finding some—especially with the l minus tides this month.

Although various species of abal live from Mexico to the Gulf of Alas the red abalone (the kind you buy markets) can be found only from nor ern Baja California to southern Oreg Reds prefer cold water. Off the South California coast they live in deep wa From Monterey County north they be found from the low tide line t depth of about 20 feet. Scuba gear be used to take abalone south of Yan Point (near Carmel Highlands) in M terey County, but only skin div (snorkeling) is permitted to the north

Beachcombers and snorkelers in Sou ern California will be more likely to f green or pink abalone, which are sm er but just as tasty as reds.

The only state requiring a fishing lice for taking abalone is California; limi five abalone a day regardless of th species, but reds must have a minim

Tasty reward *of abalone hunt: a steaming pot of delicately flavored chowder. Recipe on page 200. Crusty French bread and white wine complete meal provided by one abalone*

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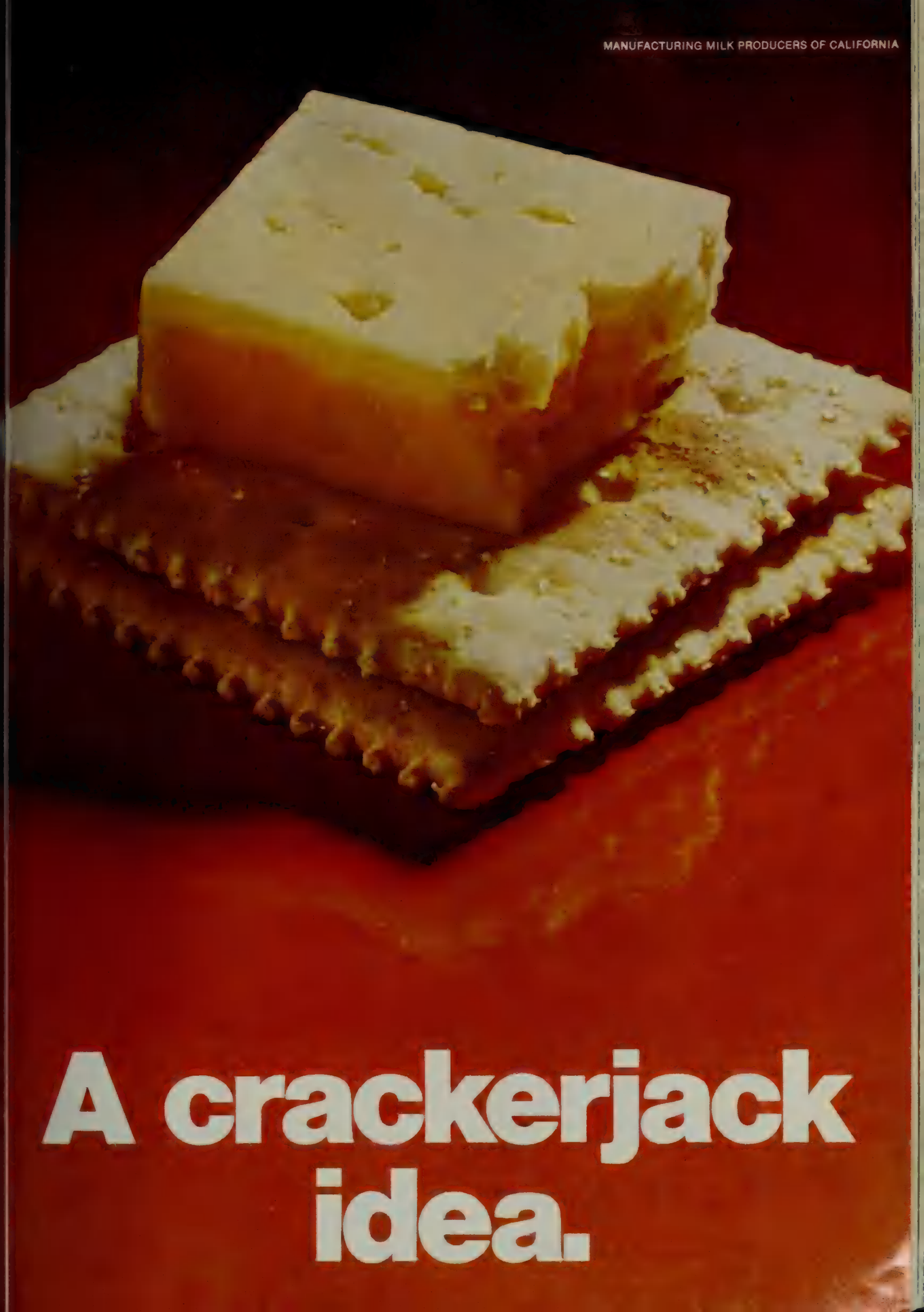

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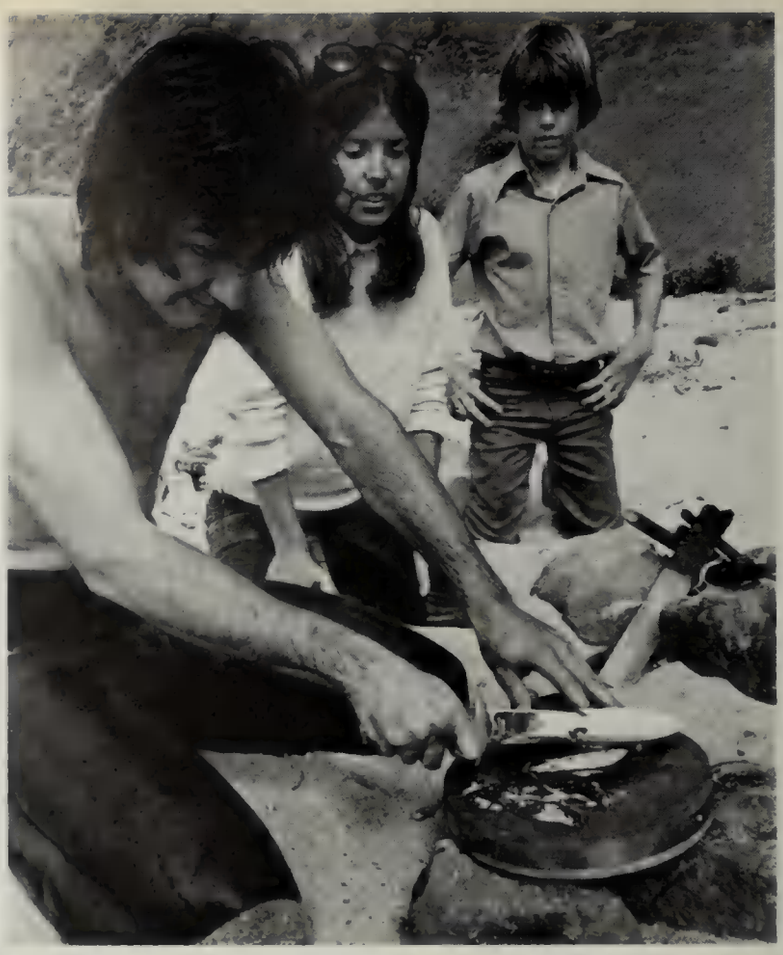

Successful *diver trims dark portions from foot after shucking it from shell*

Several *sharp taps (not too sharp) with a baseball bat relax cleaned abalone wrapped in cloth*

DARROW M. W

shell diameter of 7 inches, greens 6¼ inches, pinks and whites 6 inches. Open season is March 16 through January 14.

In Oregon there is no closed season, but the maximum is three red abalone over seven consecutive days with a minimum size of 8 inches.

From Washington's rocky coastal regions (especially the San Juan Islands) up to Alaska's Kenai Peninsula, both divers and tidepool pickers will find the smaller pinto abalone. It averages about 4 inches and in Washington there is no size limit, but the maximum take is three, which will provide about the same amount of meat as one red abalone.

The only equipment necessary for an abalone hunt is an "ab" iron, a strong metal bar designed to pop a reluctant abalone off its rock. It's also advisable to bring along a special measuring device for assuring legal size.

Rocky shorelines or submerged reefs near kelp beds are good abalone habitats. You should hunt abalone during low minus tides—look carefully in cracks between rocks and under overhanging ledges for the rounded shell (it's often

Dice *limp abalone before dropping it into chowder stock*

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1 lb. ground pork sausage or 4-oz. pkg. sliced pepperoni
1 can (10½ oz.) pizza sauce (about 1 cup)
1 tablespoon instant minced onion
1 teaspoon Italian seasoning
4 English muffins, halved
½ cup grated **Stella Parmesan** cheese
4 oz. (1 cup) shredded **Stella Mozzarella** cheese

In fry pan, brown sausage; season with salt and pepper. Drain. Add pizza sauce, instant onion and Italian seasoning; mix well. On cookie sheet, top muffin halves with Parmesan cheese, then meat mixture and Mozzarella cheese. Bake at 400° for 10 minutes. If desired, muffin halves can be halved or quartered to serve as hors d'oeuvres.

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disguised with plants).

Under water, feeding abalone will raised about ½ inch off the rock w lacy black tentacles showing under shell. In sheltered coves you can wa along the edge of an exposed reef a examine shallow nooks and crannies w a mask and snorkel.

Once you spot your quarry, stalk h carefully, then insert the tip of the iron between its shell and the rock a quickly pop it off. If you're too slow bump the abalone, it will clamp do on the rock and become next to imp sible to remove. Measure each abal immediately; if it's small put it b where you found it, pressing it to rock until it holds. Fish and ga wardens strictly enforce the laws, fines in California for illegal abal can hit $500.

Clean abalone by removing the mus lar foot from the shell. (The foot is part you eat.) Then trim off all of dark areas as well as the sole of the f and rinse the muscle in cold wa Wrap the clean meat in a cloth, pl on a solid, flat surface, and strike (too hard) with a baseball bat about times or until the muscle relaxes becomes limp.

Abalone connoisseurs will enjoy easily prepared chowder—it's mil seasoned so the abalone's delicate fla can be clearly detected and enjoyed

Abalone Beach Chowder

4 to 6 tablespoons butter
2 or 3 large onions, diced
3 or 4 cans (about 14 oz. *each*) regular strength chicken broth
1 or 2 cups dry white wine
2 cups (1 pt.) whipping cream
1 or 2 tablespoons parsley flakes
¼ teaspoon thyme leaves
5 to 8 medium-sized potatoes
1 abalone (or 3 pinto abalone) prepared and diced according to preceding directions

Place a kettle over a brisk flame; butter and melt. Add onions and co stirring, until soft. At once add br wine, cream, parsley flakes, and thy Cover and while mixture is coming boil, peel potatoes and dice into the tle as they are peeled. Maintain fir chowder bubbles steadily; cook fo least 20 minutes or until potatoes tender; stir occasionally; if chowde ready before the abalone is prepa keep it warm by the fire.

When potatoes are done, dump abal all at once into boiling chowder and move at once from heat. Cover and stand about 3 minutes, then ladle bowls to eat. Makes 6 to 8 servings.

You might take along two or three (8 oz. size) minced or chopped clam hunters come back empty-handed, the clams and clam liquid into y chowder base.

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Beef and broccoli chow mein

The familiar Chinese dish, chow me is distinctive when prepared this Chin way in which thin, round Chinese n dles (called mein) are fried in small p ties. They get crusty and brown, but centers stay soft.

The Chinese word, *chow,* defines a stir-fried dish. Here we serve beef a broccoli with mein, but you could other meat-vegetable combinations.

Boil the noodles and prepare ing dients for the meat dish. Then fry noodles; they'll keep warm while y stir-fry the meat. You'll need a 10-in frying pan for noodles, and a wok or to 12-inch frying pan for the meat.

Noodles. Boil 5 to 6 ounces of Chin mein in salted water until very tend 7 to 10 minutes. Drain, rinse with c water, and drain thoroughly; then s in 1 tablespoon salad oil.

Heat a 10-inch frying pan over medi heat; add ¼ cup salad oil and heat u it ripples when pan is tipped. With to or two spoons, put noodles in pan i mounds. Fry until firm on botto 8 to 10 minutes. Turn mounds o and fry until firm on second side, t flip from side to side as needed u lightly browned on both sides, 10 to minutes. Keep pan on warm sett while preparing beef. Drain briefly paper towel before serving.

Beef and broccoli. Thinly slice 1 pou flank or round steak across the gra in a bowl, mix meat with 2 tablespoo soy sauce and 1 clove garlic, minc set aside. Prepare about ¾ pound br coli: Slice stems ¼ inch thick; s flowers through stems about ¼ i thick. Cook broccoli in boiling, sal water for 1 minute; drain and set asi

In a bowl blend 1½ tablespoons co starch, ¼ teaspoon ground ginger, a dash cayenne with ¼ cup dry She and 1¼ cups beef broth (or omit She and use 1½ cups broth); set aside.

Just before serving, preheat a wok wide frying pan over high heat. Put i tablespoon salad oil—it should rip when pan is tipped. Add half the m mixture; stir and turn with a spat until browned, 1 to 2 minutes; turn i a serving dish and keep warm. Repe using 1 more tablespoon oil and rema ing meat. Reheat pan, add 2 tab spoons oil and the broccoli, then s and fry for 2 minutes. Pour in br mixture and cook until it boils a thickens. Pour over meat. Serves 3.

A lot of the good foods you want for your family sometimes aren't easy to make.

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Eggplant with meat or poultry

Served hot or cool, eggplant makes an excellent accompaniment for meats and poultry. Both these recipes call first for lightly browning the eggplant, then cooking it with other ingredients until it is completely tender and has a full, rich flavor.

The first dish combines eggplant with brown rice and typical Mediterranean-style seasonings; it's served cool like a salad. You can put it together up to two hours before serving and it holds well for buffet serving.

The second recipe combines eggplant with tomatoes and peppers. They're cooked together and can be served directly from an electric frying pan or any other frying pan you can bring directly to the table.

Mediterranean Eggplant Salad

Heat 2 teaspoons olive oil or salad oil in a small saucepan over high heat. Stir in ½ cup long grain brown rice until coated. Add 1¼ cups water and ½ teaspoon salt; cover and simmer for about 45 minutes or until rice is just tender and liquid is absorbed. Remove from heat and set aside.

Meanwhile, wash 1 eggplant (abou lbs.), trim away stem, and cut egg into ¾-inch cubes. Heat 2 tablesp oil in a 10-inch frying pan (one w tight fitting lid) over medium-high add eggplant and cook, stirring, eggplant starts to brown, 3 to 5 utes. Add 2 tablespoons water, pan, and reduce heat to medium. cover pan at 1 to 2-minute inte and stir, adding about 2 tablesp water at a time as it is absorbed; s necessary until completely tender a liquid absorbed (about 15 minutes cooking time). Remove from heat stir in ¾ teaspoon *each* salt and gr cumin and 1 teaspoon ground c mon. Turn into a large bowl, stir in and cool to room temperature. stir in ¼ cup finely chopped mi cup thinly sliced celery, ½ cup s green onion with some of the tops, lemon dressing (recipe follows). C and chill for 1 to 2 hours.

To serve, mound the eggplant sala a shallow bowl lined with lettuce. nish with wedges cut from 2 large t toes. At the table pass a small bo unflavored yogurt for extra seaso Makes about 6 servings.—*H. N., Francisco.*

Lemon dressing. In a small bowl m tablespoon olive oil or salad oil, 5 t spoons lemon juice, 1 tablespoon s ½ teaspoon salt, ¼ teaspoon liquid pepper seasoning, and 1 small clove lic, minced or mashed.

Eggplant with Cheese and Nuts

- 1 eggplant (about 1¼ lbs.)
- 4 tablespoons olive oil
- 1 large onion, chopped
- ½ cup dry white wine or broth
- 2 tomatoes, peeled, sliced, and seeded
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon *each* basil leaves, and sage leaves, crumbled
- 1 *each* red bell and green pepper (or 2 green peppers), seeds removed and thinly sliced
- 1 cup (¼ lb.) coarsely shredded sharp Cheddar cheese
- ⅓ cup salted roasted cashews or almonds, coarsely chopped

Wash eggplant, trim away stem, anc in ¾-inch cubes. Heat the oil in a inch frying pan (one with a tight fi lid) over medium heat; add the o and sauté for 5 minutes. Add the plant and cook, stirring, until egg begins to brown, about 7 to 10 min Stir in the wine, tomatoes, salt, pe basil, and sage. Cover and cook f minutes, or until eggplant appears t lucent. Stir in the green and red pers, cover, and simmer for 3 minu

Remove pan from heat, sprinkle ch over eggplant, and cover pan for 1 ute. Sprinkle nuts on top of cheese serve from the frying pan or transf another dish and top with the Serves 4 to 6.—*D. P., Portland.*

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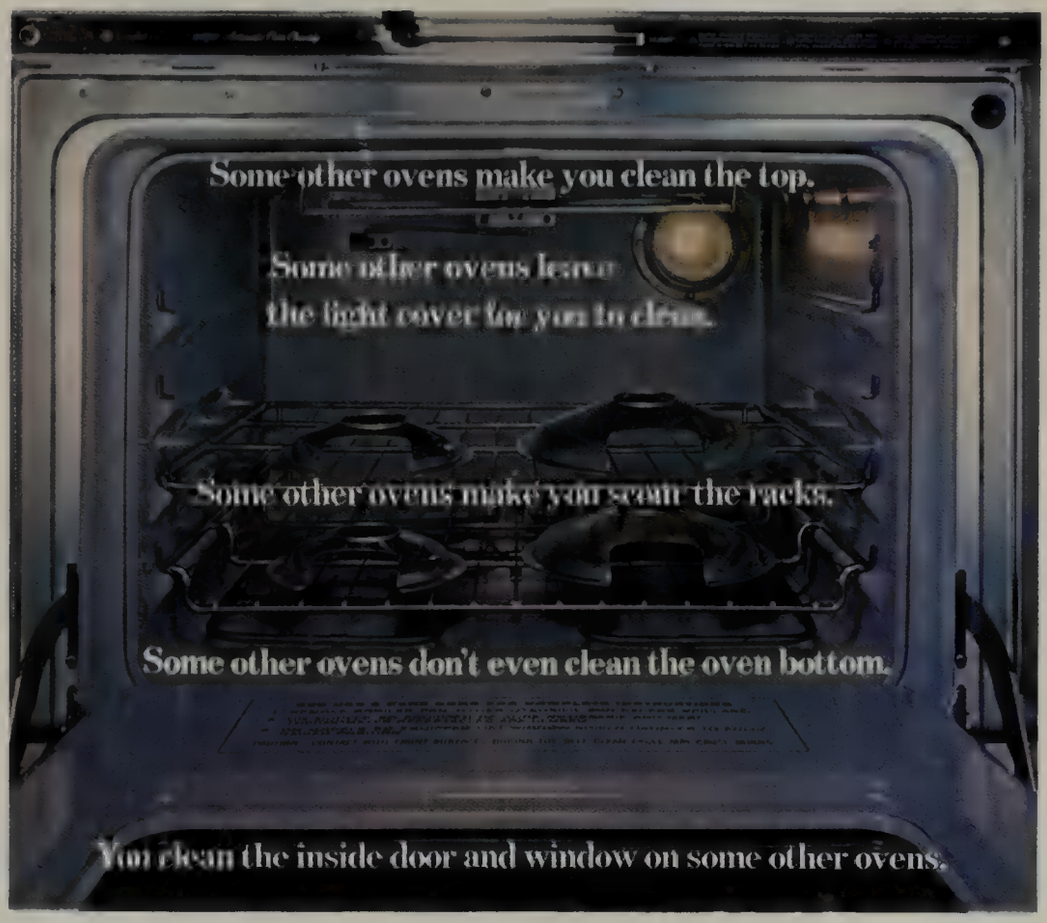

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GENERAL ELECTRIC

Twice-baked, well-sauced spareribs

Country-style spareribs, an especially meaty cut of pork rib, cook tender and moist in these recipes. A tangy sauce finishes them with a rich glaze.

You bake the ribs twice in the oven. The first time, they are covered to retain juiciness, while excess fat melts away. After discarding the fat, cover the ribs with a sauce—choose from plum, mincemeat, or barbecue sauce—and bake again, uncovered, until they are glazed.

You might serve hot rolls and a cucumber salad with these sweet fruity ribs.

Plum-glazed Country-style Spareribs

Arrange about 4 pounds country-style spareribs (trimmed of surface fat) in a single layer in a roasting pan. Cover and bake in a 350° oven for 1½ hours.

Meanwhile prepare this plum sauce: Drain and save the syrup from 1 can (about 1 lb.) whole purple plums. Remove the pits from plums. Whirl plums and syrup in a blender until puréed.

In a saucepan, sauté over medium heat 1 medium-sized onion (chopped) in 2 tablespoons salad oil until onion is limp. Stir in the plum purée, ⅓ cup sugar, ½ teaspoon salt, and ¼ cup vinegar mer, uncovered, for 10 minutes.

At the end of the 1½ hours of b remove ribs from the pan and serving-sized pieces. Discard pan pings. Return meat to pan and hot plum sauce over the ribs. Bak covered, basting frequently, for 4 utes or until ribs are glazed. Plac on a serving platter. Skim off an card fat from top of sauce, ther sauce over ribs. Makes 6 serving

Rice and green beans go well with spicy mincemeat ribs.

Mincemeat Country-style Spareribs

Arrange about 4 pounds countr spareribs (trimmed of surface fat single layer in a roasting pan. and bake in a 350° oven for 1½ h

Meanwhile stir together in a bowl ready-to-use mincemeat, ⅔ cup broth, and ¼ cup vinegar.

After 1½ hours of baking, remov from the pan and cut them in se sized pieces. Discard pan dripping turn the meat to the pan and po mincemeat mixture over ribs. Bak covered, basting frequently wit sauce, for about 45 minutes or un ribs are glazed. Transfer the mea serving platter. Skim off and discar fat from top of sauce; pour sauce the meat. Makes 6 servings.—*North Sacramento, Calif.*

Serve the barbecue sauce in a small at the table to spoon over indiv servings. Accompany with crusty and a crisp green salad.

Oven-Barbecued Country-style Spa

Arrange about 4 pounds country spareribs (trimmed of surface fat single layer in a roasting pan. S whole lemon and 1 medium-sized and distribute over the meat. and bake in a 350° oven for 1½ h

Meanwhile combine in a pan ¼ brown sugar (packed), 2 teaspoons powder, 1 teaspoon celery seed, ½ spoon garlic salt, 1 cup water, ¾ chile sauce, ⅓ cup vinegar, 3 spoons light molasses, and 1 table *each* Worcestershire and soy s blend together and simmer, unco for 10 minutes.

After the 1½ hours of baking, di the lemon and onion slices; remov ribs from the pan and cut in se sized pieces. Discard pan dripping turn the meat to the pan and po hot sauce over it. Bake, unco basting frequently, for about 45 mi or until meat is glazed. Transfer to a serving dish. Skim off and di any fat from sauce. Pour sauce i small bowl to serve. Makes 6 ser —*H. S., Novato, Calif.*

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g feast lasted more than one day,
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DARROW M. WATT

Each slice *of this almond-studded breakfast loaf includes a thick streak of crunchy poppy seed filling; serve warm or cold with coffee*

Inside is poppy seed filling

Bakers throughout eastern Europe are famous for their delicious poppy seed flavored pastries and cakes. The slate-colored seed has an intriguing nutlike flavor and crunchy texture.

Here are two very different ways to use poppy seeds. They are ground with almonds and mixed with lemon peel to make the filling for the tender yeast coffee cake shown above. In the second recipe, the seeds are whirled throughout a spicy sour cream cake, which you bake in a bundt pan or tube pan.

You may want to find a source for bulk purchase of poppy seed because of the large amounts required in these r ipes. It is sold by the pound or half ound in health food stores and in many stores that specialize in spices, coffee, and nuts. Eight ounces of poppy seed measure about 1½ cups.

Braided Poppy Seed Coffee Cake

- 1 package active dry yeast
- ¼ cup warm water
- ¼ cup milk, scalded and cooled
- ½ teaspoon salt
- ¼ cup sugar
- 1 egg
- ¼ cup (⅛ lb.) soft butter or margarine
- About 3 cups regular all-purpose flour (unsifted)
- Poppy seed filling (recipe follows)
- 1 egg white beaten with 1 teaspoon water
- [illegible] tablespoons sliced almonds

In the large bowl of an electric mixer, blend yeast and water; let stand 5 minutes. Add the milk, salt, sugar, egg, butter, and 1½ cups of the flour. Blend at low speed 1 minute; turn to medium speed and beat 2 minutes, scraping sides of bowl often. With a spoon stir in enough of remaining flour to form a soft dough.

Turn dough onto a lightly floured board and knead until smooth and elastic, about 5 minutes. Place in a greased bowl; turn dough over to grease top; cover; let rise in a warm place until almost doubled, 1 to 1½ hours.

Punch down dough and turn out onto lightly floured board. With a rolling pin, roll dough into a 10 by 15-inch rectangle. Place on a lightly greased baking sheet; mark dough lightly into three lengthwise sections. Spread filling in the center third of dough. With a sharp knife, cut 10 diagonal strips in each of the two outer sections of dough, cutting in almost as far as the filling. Overlap strips: first one from one side, then one from the other, alternating until all strips are folded over.

Brush loaf with egg white mixture and sprinkle almonds evenly over top. Let rise, uncovered, in a warm place until almost doubled, about 30 minutes. Bake in a 350° oven for about 30 minutes or until richly browned. Transfer to a rack to cool. Makes 10 servings.

Poppy Seed Filling. In a blender jar, combine ¾ cup poppy seed and ¾ cup blanched whole almonds; whirl mixture is consistency of cornmeal. small pan combine seed-nut mix with ½ cup sugar, ⅓ cup milk, teaspoon grated lemon peel, 1 ta spoon lemon juice, and 3 tablesp butter or margarine. Cook over heat, stirring, until mixture boils thickens, about 10 minutes. Cool.

Bohemian Poppy Seed Cake

- ⅓ cup warm milk
- ¾ cup poppy seed
- ¾ cup (⅜ lb.) butter or margarine
- 1½ cups sugar
- 4 eggs, separated
- 1 cup sour cream
- 1½ teaspoons vanilla
- 1 teaspoon grated orange peel
- 2½ cups regular all-purpose flour
- 1 teaspoon *each* soda and salt
- Powdered sugar

Pour milk over poppy seed; let s 2 hours or until milk is absorbed. an electric mixer beat together b and sugar until smoothly blended. egg yolks, one at a time, beating after each. Stir in sour cream, var and orange peel.

Sift flour before measuring, then again with soda and salt; add grad to creamed mixture, blending well. egg whites until they hold firm p then fold beaten egg whites and p seed mixture into batter. Spoon b into a greased 10-inch bundt pan or pan. Bake in a 325° oven for 1 hou until a wooden pick inserted in the comes out clean. Cool in pan on a for 10 minutes, then invert and turn out of pan onto rack to cool comple Before serving, sift powdered sugar e ly over top of cake. Makes 12 servin

Fold strips *of dough poppy seed filling; overlap*

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Add noodles to 2 cups of boiling water in a saucepan. (If you like shorter noodles, cut in half before cooking). Cook for 3 minutes, stirring occasionally. Do not overcook. Stir in seasoning and add chopped green onions, ham, hard boiled eggs, boiled mushrooms and spinach. (Or use whatever vegetable is in Season). Remove from heat and serve immediately. Then you can enjoy "Ham & Egg Ramen."

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NORMAN A

Spoon *prunes over this syrup-soake*

"Tipsy cake"? I soaked in wine

A Sunset reader who lived for years in Panama shares this recipe wine syrup cake called *Sopa Bor* —loosely translated "tipsy cake."

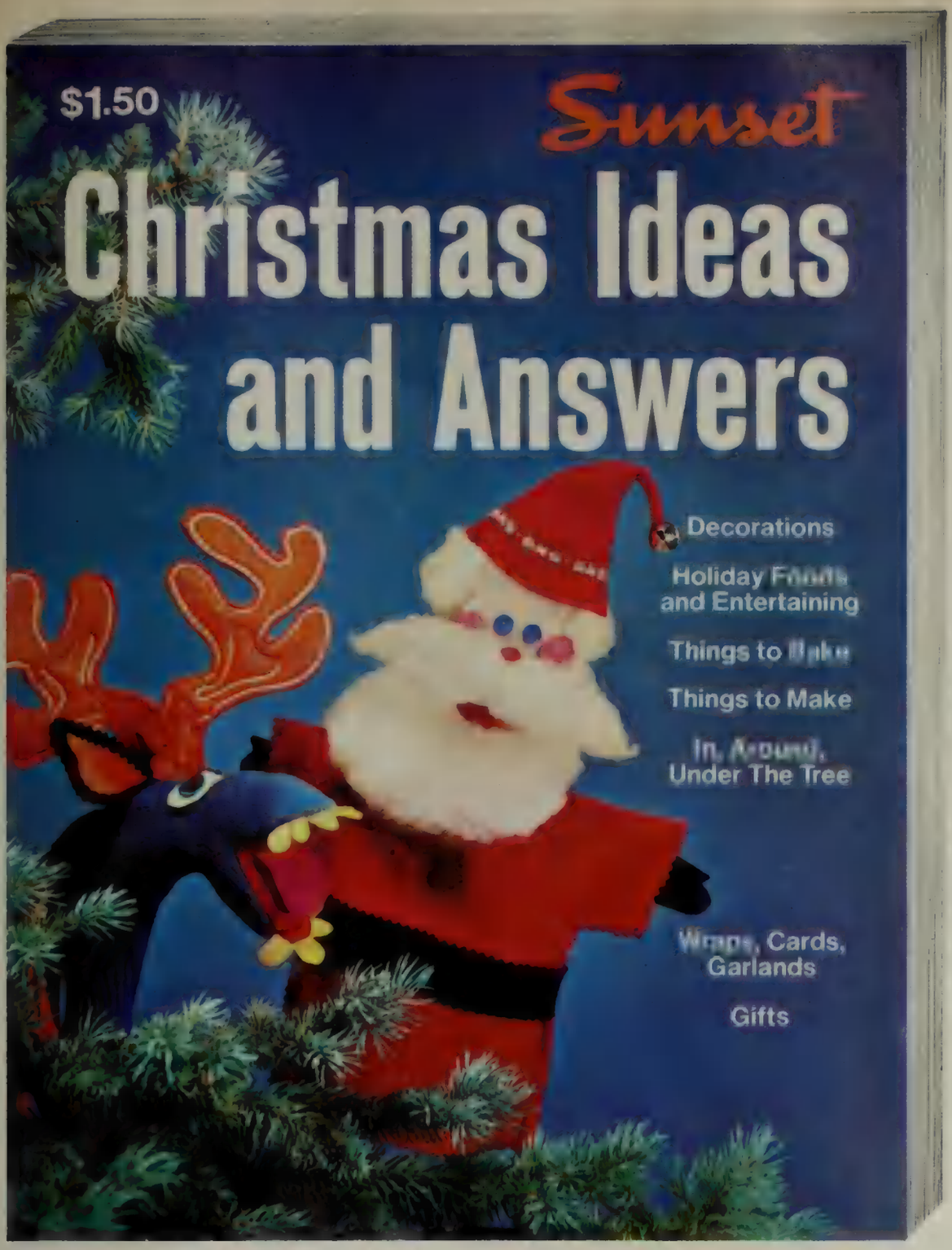
Wine Syrup Cake *(Sopa Borracha)*

With an electric mixer, beat 2 eggs foamy. With the mixer at high s gradually beat in 1 cup sugar; cor beating until very thick. Stir toget cup regular all-purpose flour (unsi ½ teaspoon salt, and 1 teaspoon b powder; stir into egg mixture blended. Stir in 1 teaspoon vanilla pan heat ½ cup milk and 1 tables butter or margarine just to simm stir into the batter until smooth.

Pour batter into an ungreased 9 cheesecake pan (with removable tom or spring-released sides) or a 9 square cake pan. Bake in a 350° for about 40 minutes or until a pi serted in the center comes out cle

Prepare syrup while cake bakes. bine in a small pan 1½ cups suga teaspoon salt, ½ cup water, 1 teas lemon juice, 5 whole cloves, and namon stick. Bring to boiling over heat; add 1 carton (12 oz.) moist pitted dried prunes and boil gentl 5 minutes. Let cool about 10 mi then stir in ¾ cup Muscatel, Ma or cream Sherry. Pour syrup thro wire strainer; discard cinnamon cloves. Serve prunes in a small di

With a fork, pierce the hot cake d all over and gradually pour ove warm syrup, letting it soak into the Let stand at least 30 minutes b serving. Remove sides if cheesecak is used. Pass around the prunes a cup heavy cream (whipped). Make 10 servings.—*N. C., Calistoga, Ca*



ndreds of decorations. ts and recipes to ake for Christmas

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- 1 10½ oz. can condensed beef broth
- 1 1-lb. can whole tomatoes, crushed
- 1¼ cups water
- 1 tbsp. cornstarch
- 1 9-oz. pkg. Italian green beans, cooked and drained
- 1 cup sliced cooked carrots
- 1 cup large shell macaroni, cooked and drained
- ½ cup coarsely chopped cooked spinach
- ½ cup onion slices
- ¼ cup Kraft Grated Parmesan Cheese
- ⅛ tsp. garlic powder

Combine broth, tomatoes and water combined with cornstarch; cook until thickened. Add beans, carrots, macaroni, spinach, onion, Grated Cheese and garlic powder; heat. Serve with additional cheese. 6 servings.

KRAFT Division of Kraftco Corporation

DARROW M.

Quince, *not edible when raw, makes a pickled fruit condiment*

Have a try at pickled quince

When ripe in late September and O ber, the quince is most commonly u to make jelly. Yet this generally glected fruit also makes a delicious diment to serve with meats when sl and cooked in a spiced sugar sy Pack in jars, and enjoy now or store Christmas giving.

Spiced Pickled Quince

- 8 to 10 large quince
- 2½ cups boiling water
- 16 whole cloves
- 2 large whole oranges, cut in ¼-inch slices
- 6 cups sugar
- 2 cups white vinegar
- 1 stick (about 3 inches) cinnamon

Peel, core, and cut fruit into ¾-i wedges (you should have 12 cups). large pan cook in the boiling water u just tender when pierced, about 5 m utes, stirring gently several times so fruit cooks evenly. Drain, reserving cups liquid.

In the same pan combine the reser 1½ cups liquid, cloves, orange sli sugar, vinegar, and cinnamon. Brin a boil and boil gently, uncovered, fo minutes. Add quince and boil for minutes longer, stirring occasionall

Meanwhile sterilize 6 pint jars in boi water for 15 minutes; scald self-sea lids and bands in boiling water. Rem each jar from water; pack tightly boiling hot fruit; run a spatula aro inside of jar. Pour boiling syrup jar to within ½-inch of rim. Wipe put on lid, then screw on band to s Makes 6 pints.—*P.J., Sunnyvale, Cali*

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Pork roast with fruits alongside

less roast of pork from the shoulder nd section of the loin is a good buy In the following recipe it cooks with l fruits and Scandinavian-style sea- ngs.

ombining the techniques of moist dry-heat oven roasting, the meat gets ptionally juicy; and dried fruits ed in the juices become plump and rful.

the roast you might serve hot ed broccoli spears and boiled tiny potatoes, with a green salad for ers. Scandinavian-style pastries or ies with coffee would be appropri- or dessert.

: The meat is cooked to an internal erature of 170° even though most thermometers will indicate 185° for . The lower temperature is now rec- ended to assure juicier meat.

t Pork Roast

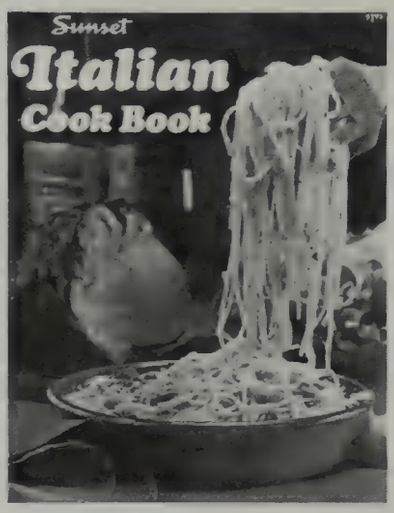
- 1 large onion, chopped
- ½ to 4 pound boneless, rolled pork shoulder or loin end roast
- 4 teaspoon *each* salt and ground cinnamon
- 4 cup dry Sherry, Madeira, or apple juice
- 2 tablespoons lemon juice
- 1 tablespoon honey or 2 tablespoons brown sugar
- ½ cup pitted prunes
- ⅓ cup dried apricots
- 1 cup dried apple slices

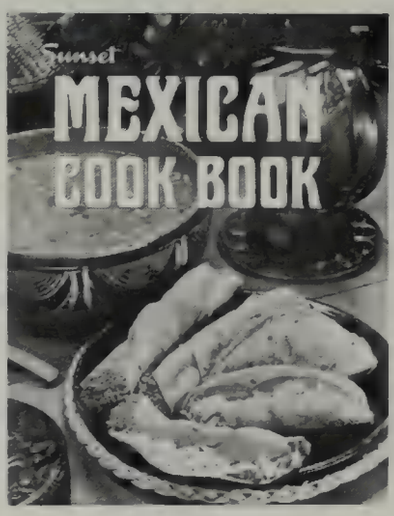
the onion into a deep casserole or h oven (about 3 or 4-quart size) set the meat in it, fat-side up. Com- the salt and cinnamon with the ry, lemon juice and honey; pour the meat. Cover and bake in a 350° for 1½ hours. Uncover and spoon juices over the meat, then insert a t thermometer into the center of the est part of the roast. Continue to t, uncovered, until the thermometer ters about 160°; it will take about ur.

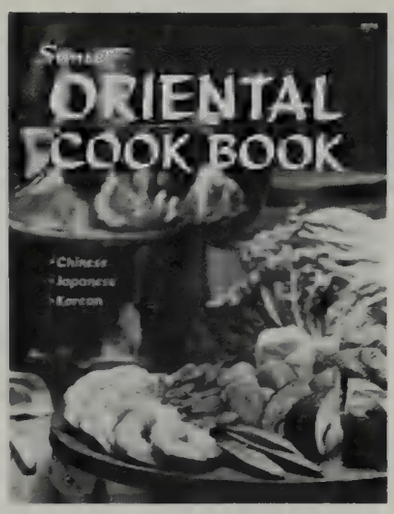
n spoon juices over the meat. Also, the prunes, apricots, and apple s down into juices around the meat. st about 15 minutes longer, or until neat thermometer registers 170° and is tender. (Poke fruit down into s once or twice.)

meat onto a tray for carving; ound attractively with the cooked es, apricots, and apples. Skim any rom drippings and serve drippings small bowl. Slice meat and spoon pings over servings of fruit and meat. es 6 to 8 servings. □

cooking with a FOREIGN ACCENT







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These outdoor lights make walkways safer and help discourage intruders: A) Walkway lighting also helps prevent accidents; B) Front area lighting welcomes you and your guests; C) Garage lighting improves security. A simple attachment will turn an outside light on at dusk and off at dawn, automatically.

Good lighting in the kitchen makes tasks easier and helps prevent accidents: D) Glare-free fluorescent fixture makes your kitchen bright and cheerful; E) Lighting over sink eliminates shadows; F) Lighting under cabinets floods counter-top work areas; G) Range light in hood helps you see what's cooking.

For additional home lighting ideas, ask any PG&E office for the free booklet, "The Light Book." **PG and E**

Vith this easy dough you can mix and match

:an vary the filling and change the of this versatile yet easy-to-make bread. Here we offer three shapes wo fillings you can mix and match variety of different breads from the recipe.

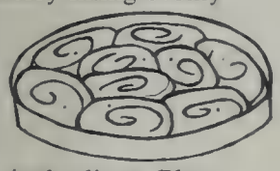
ake any of the three shapes shown you first roll out the dough into angle, sprinkle on your choice of el fillings, and roll it like a jelly The size of the rectangle and how andle the roll of dough determines ıape of the bread. Wind a long :r roll of dough into a pan to make ɔple loaf. Cut a shorter roll in slices nwheel rolls or the coffee ring; ar- ıg the slices in different pans pro- the two shapes.

ıeel Rolls

- package active dry yeast or compressed yeast
- cup warm water (lukewarm for compressed yeast)
- cup evaporated milk, undiluted
- cup sugar
- teaspoon salt
- tablespoons butter or margarine, melted
- eggs, slightly beaten
- cups unsifted regular all-purpose flour
- Orange pecan or cherry almond filling (recipes follow)

large bowl (or the mixer bowl, if ıave a heavy-duty electric mixer), ine yeast and water; let stand to ı. Blend in evaporated milk, sugar, 4 tablespoons of the butter, and Gradually beat in 2½ cups of the until dough is smooth and elastic. · and let rise in a warm place until ed, about 1 hour.

own dough and turn onto a board ;try cloth floured with remaining ½ our. Knead until dough is smooth ıo longer sticky, about 5 minutes. ɔut dough into a rectangle 12 by 18 s. Brush dough with remaining 3 poons melted butter and sprinkle the orange or cherry filling evenly surface.



ıg with a length- dge, loosely ɔugh as for a oll; pinch seam l. Cut roll in 1-inch slices. Place with a cut side up, in two lightly d 9-inch square or round cake 9 slices to a pan. Cover and let rise doubled, about 45 minutes.

rolls in a 350° oven for about 30 es or until lightly browned. Let or 5 to 10 minutes and turn rolls out on a rack. Serve while warm or freeze and reheat. Makes 18 rolls.

Orange Pecan Filling. Mix together 2 tablespoons *each* brown and granulated sugar, 1 teaspoon cinnamon, ½ teaspoon grated orange peel and ½ cup finely chopped pecans.

Cherry Almond Filling. Mix together ½ cup chopped almonds, ¼ cup chopped glacé cherries, 1 tablespoon sugar, and ½ teaspoon nutmeg.

Ripple Loaf

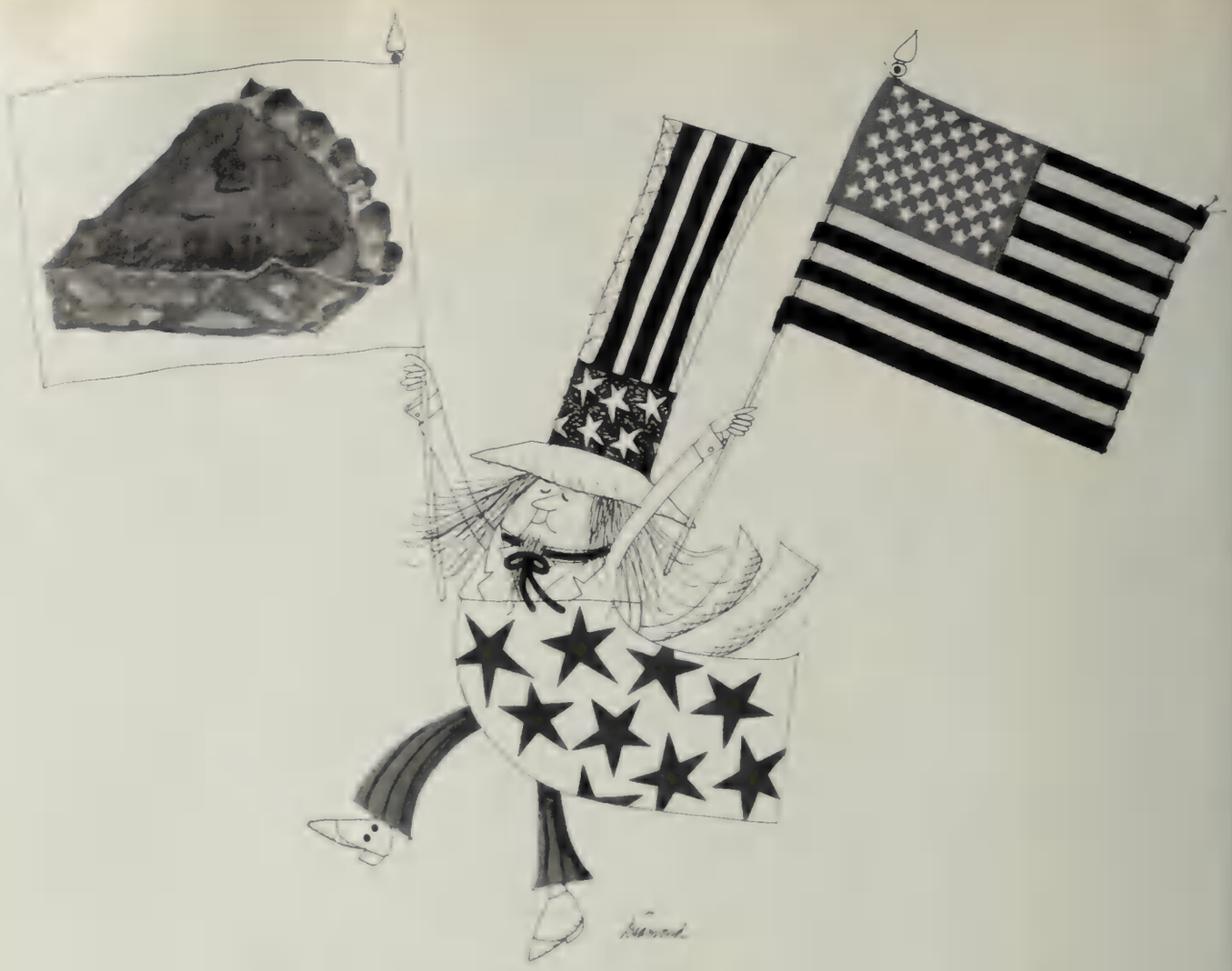
Prepare dough as for pinwheel rolls. Roll out into a long rectangle 6 by 30 inches. Brush with 3 tablespoons melted butter and sprinkle either the orange or cherry filling evenly over surface. Roll dough from a lengthwise edge; seal as before. Zigzag rope of dough back and forth across lightly greased 5 by 9-inch loaf pan. Let rise as before. Bake in a 350° oven for about 40 minutes, or until browned. Cool as before.

Makes 1 loaf.

Coffee Ring

Prepare dough, roll out, and fill as directed for pinwheel rolls. Cut the filled roll of dough in ½-inch slices. Arrange slices, overlapping, to fill a lightly greased 11-inch ring mold. Let rise as before. Bake in a 350° oven for about 30 minutes or until browned. Cool as before. Pull apart to serve. Makes 1 ring. □

Three fragrant breads *with orange or cherry filling, all from the same dough*
DARROW M. WATT



"In love of country and respect for motherhood and apple pie"

The following communication comes from *Chef* Herbert Landesman.

"The title, *100% American Pie*, is an attempt to defend what my friends and neighbors will consider unforgivable—tampering with good old Apple Pie. I hereby announce that I yield to no one in love for country and respect for motherhood and apple pie. It's just that once in a while we all need variety."

A warning before you get out the apple peeler. Those raisins and prunes are not merely decoration. They change the flavor to something that resembles mince. This pie is as American as pioneers and immigrants, but will probably not make membership in the DAR.

100% American Pie

[illegible]

Soak the prunes in warm water for about 1 hour. Drain and mix with apples, raisins, sugar, cinnamon, and nutmeg, stirring to blend. Roll out half the pastry on a floured board and use to line a 9-inch pie pan. Add fruit mixture. Roll out remaining pastry on the floured board, arrange over fruit and crimp edge to seal. Cut a slit in top crust. Bake in a 450° oven for 10 minutes. Reduce heat to 375° and continue baking another 50 minutes, or until crust is well browned. Cool until just warm and serve, with cheese on the side.

Herbert Landesman

West Covina, Calif.

Here is Jack Murdock, divulging what might have been a shameful secret if it hadn't ended in a triumph.

"This evolved from my monumental ego. During an evening of cards and beer I was challenged by one of my friends to make a chile relleno. Being unable to say, 'I don't know how,' I concocted the following, which my friends have dubbed a Jack Omelet."

Jack Omelet

- 2 strips bacon cut in 1-inch pieces
- 1 tablespoon chopped onion
- Dash ground cumin seed
- 2 eggs
- 1 teaspoon water
- Dash *each* garlic salt and pepper
- 1 tablespoon seeded and chopped canned California green chiles
- 3 tablespoons shredded jack cheese
- Whole pitted ripe olives
- Shredded iceberg lettuce
- Red taco sauce

Cook the bacon in a small frying until it begins to brown. Add onion cumin and stir until onion is tender move mixture with slotted spoon ar aside. Pour off all but 2 teaspoons c bacon drippings.

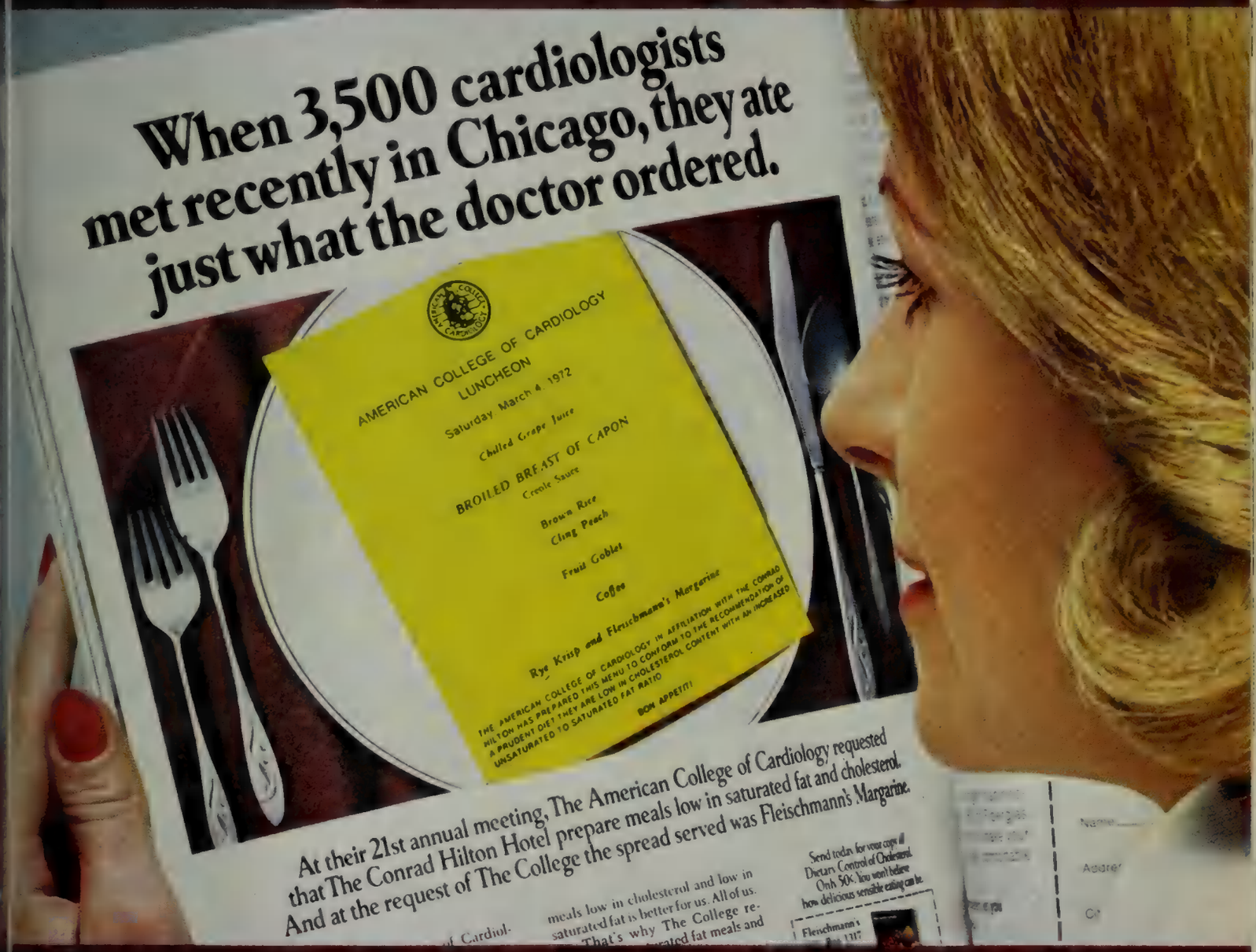
Beat eggs thoroughly with water, salt, and pepper; stir in chiles. R

Chefs of the Wes

The Art of Cooking . . . by men . . . fo

Sensible eating with Fleischmann's Margarine.

When 3,500 cardiologists met recently in Chicago, they ate just what the doctor ordered.



At their 21st annual meeting, The American College of Cardiology requested that The Conrad Hilton Hotel prepare meals low in saturated fat and cholesterol. And at the request of The College the spread served was Fleischmann's Margarine.

meals low in cholesterol and low in saturated fat is better for us. All of us. That's why The College re- ...rated fat meals and

Send today for your copy of Dietary Control of Cholesterol. Only 50¢. You won't believe how delicious sensible eating can be.

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You've read about it. Now save when you buy it.

You've already read that The American College of Cardiology feels that eating meals low in cholesterol and low in saturated fat is better for us. All of us. Now find out how Fleischmann's® Margarine can be an important part of eating this modern, sensible way.

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Brother Timothy's
Napa Valley Notebook

On the Premium California Sherries of The Christian Brothers

At The Christian Brothers Sherry Cellars, we make four classic Sherries, and one limited edition Sherry.

Part of the pleasure of winemaking is being able to offer such a variety. As with all of our wines, the quality and flavor of our Sherries starts with the selection of the grapes. Our vineyards for these wines are in the great sun-drenched valley of central California where the grapes obtain the characteristics we look for. At harvest, we choose ones best-suited for various types.

Afterwards come the years in the fine, old casks in our cellars. Our Cocktail Sherry becomes smooth and nut-like. Dry Sherry, pleasingly light in color. Our Golden Sherry, slightly sweet, with a fine golden hue; while Cream Sherry is aptly named for it is creamy smooth and mellow.

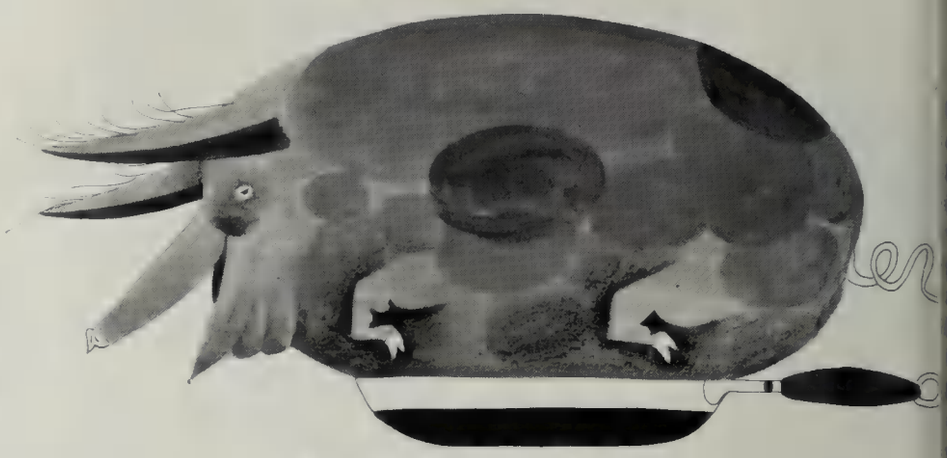
Casks that develop in an especially fine manner are put aside and watched closely. Then selected casks are bottled for our Meloso Cream Sherry. This is our rarity, and we can only produce small amounts of this honey-like, golden amber Sherry each year. It is worth asking your wine merchant to reserve a bottle.

Sherries, traditionally have as many uses as they have varieties: Before dinner...after a fine meal...or for entertaining. We think you'll notice premium quality in our Sherries whenever you serve them.

Brother Timothy F.S.C.

Brother Timothy, F.S.C., Cellarmaster
The Christian Brothers Winery
Napa Valley, California

Worldwide Distributors: Frohne and Sichel, Inc.
San Francisco, California



"Cook the bacon in a small frying pan"

the frying pan to medium high heat or put the 2 teaspoons bacon drippings into an omelet pan. Pour in egg mixture. As egg sets, lift edges to allow liquid portions to flow underneath. Just before egg is entirely set, sprinkle on cheese and scatter bacon and onion over half the omelet. Fold and slide onto plate garnished with a few whole olives and some shredded lettuce. Pass the taco sauce at the table for those who like it. Makes 1 omelet.

Folsom, Calif.

As there are different wild ducks, so there are different opinions on cooking them. The small grain eaters are often merely singed in a nearly incandescent oven and served with their inside flesh still pink. The large vegetarians such as mallards can be roasted, but are frequently braised when there is a suspicion they have had excessive exercise during their lives. Fish-eaters, if one is unfortunate enough to cook one without knowing its dietary preference, are usually fed to the cat.

John W. Butler has his opinion on cooking wild ducks. He braises them in broth flavored with wine.

Duck Butler

- 2 dressed and drawn wild ducks (about 1½ lbs. *each*), cut in halves
- 3 tablespoons butter
- 1½ cups regular strength chicken broth
- ½ cup dry red wine
- 2 tablespoons tomato paste
- ¼ teaspoon pepper
- 1 bay leaf
- ½ pound mushrooms, sliced
- 5 teaspoons *each* cornstarch and Sherry
- Hot, cooked wild rice (optional)

In a Dutch oven over medium heat brown ducks well on all sides in 1 tablespoon of the butter; set ducks aside. Discard all drippings. To the pan add broth, wine, tomato paste, pepper, bay; stir to blend. Return duck broth, cover pan, and simmer until is tender when pierced, about 1½ h Arrange ducks on a serving platter; warm. Skim fat from cooking liqui

Meanwhile, in a frying pan sauté m rooms in the remaining 2 tablespoo butter over medium high heat, stir for about 4 minutes. Combine starch and Sherry; stir into the coo liquid, along with the mushrooms; stirring until thickened. Serve sauce arately to spoon over wild rice and Makes 4 servings.

John W. Butler

Redding, Ca

An elderly woman of our acquaint had trouble with carrots. One day a grocery she picked out a bunch o tremely mature ones, and when she ready to pay, the clerk said, "You want those carrots, Mrs. Roberts. not take some younger ones?" The answered, "It doesn't matter. These burn just as well."

Lloyd Evans increases the natural burnable) sugar of carrots with the tion of honey and pineapple juice. watch them like a hawk.

Pineapple Glazed Carrots

- About 1½ pounds carrots
- ½ cup pineapple juice
- 1 tablespoon lemon juice
- 1 tablespoon honey
- ¼-inch slice fresh ginger, peeled
- 1 teaspoon *each* cornstarch and cold water
- 2 tablespoons butter
- 1 tablespoon finely chopped parsley

Scrape and slice carrots in ¼-inch (you should have about 4 cups). saucepan, combine the pineapple j

CLUB MAKES THE POTS THAT MAKE DISHES NUTRITIOUS.

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The ensemble includes hamper, bench, wastebasket, scale, wall-hung cabinet with open shelf, and freestanding etagere.

See them at your favorite department store. They're a nice reflection on you.

Counselor
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lemon juice, honey, and ginger; ad
rots and bring to a boil. Reduce
cover pan, and simmer for abou
minutes, or until the carrots are te
stirring occasionally.

Remove ginger from carrots and
card. Blend cornstarch with cold
and stir into juices until smoothly b
ed; cook, stirring constantly until t
ened. Stir in butter, transfer to se
bowl, and sprinkle with chopped
ley. Makes about 6 servings.

Lloyd Cra

Bellingham, Wa

"I have known about kohlrabi al
life and find it to be among my fav
when it's served with a cheese sa
So says *Chef of the West* Earl
His statement may well divide the
bership into two parts, with the
group giving knowing nods whil
younger faces remain blank wit
comprehension.

Sadly, kohlrabi has faded into obsc
It is a respectable member of tha
mirable band, the cabbages, but it
sition there is odd. It is not in the
section with red and green cab
Brussels sprouts, kale, and Chinese
bage. It is not among the flowers—
coli and cauliflower. Nor is it down
the roots like turnips and rutab
Kohlrabi is a fat stem.

Ask your green-grocer to find you
kohlrabi, and you will probably be
an admirer.

Kohlrabi La Ronda

About 2½ pounds kohlrabi
Boiling, salted water
4 tablespoons butter or margarine
1½ tablespoons regular all-purpose flou
1½ cups milk
1 cup shredded Cheddar cheese
Salt and pepper
1 tablespoon chopped parsley
Paprika

Cut off stems of kohlrabi and w
sharp knife peel off tough fibrous
Cut into ⅛-inch slices. Cook in b
salted water to cover until just ten
to 10 minutes. Drain, and turn i
1½-quart baking dish.

In a saucepan melt the butter ove
dium heat; stir in flour and cook
bubbly. Remove from heat and
ually add the milk, stirring const
Cook, stirring, until thickened, the
move from heat and stir in cheese
melted. Season with salt and pepp
taste. Pour the sauce over the ko
and sprinkle on the parsley and pa
Bake, uncovered, in a 350° oven
sauce bubbles, about 20 minutes.
immediately. Makes about 6 servin

Earl A. K

Oceanside, Ca

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for the business of living

Green tea or red bean ice cream

ɔur guests may be skeptical when you ·ve green tea ice cream, or red bean ıce on ice cream. But as unlikely as ɜse flavors sound, we found that most ople who tried them liked them.

ıese simple desserts are based on two nvenience products available in Japa-se food stores. Powdered green tea is ɜd for the tea ceremony. The syrup-cked, canned beans are used for a riety of Japanese sweet pastries.

ɔu simply mix the powdered tea or the ans into vanilla ice cream, then re-ɜeze it. Or you can use either product make a syrup for vanilla ice cream. ıe syrup from one will go well on ice ɜam made with the other. The ice ɜams are also good served without y sauce.

sure to buy powdered green tea ılled *hagoromo macha*). The beans *ıde azuke)* may be called sweetened l beans or boiled red beans with sugar; n't use bean paste.

ɜen Tea Ice Cream

low vanilla ice cream to soften slight- and turn into the bowl of an electric xer. For each pint of ice cream, add 1 .spoon powdered green tea. Beat until ll blended, then freeze until firm ain.—*K. I., San Francisco.*

ɜen Tea Sauce

ur 1 cup light corn syrup into a small n. Add 1 teaspoon powdered green . Bring to a boil, stirring, until blend- . Add 1 tablespoon lemon juice, re-ɔve from heat, and cool before serving. ıkes about 1 cup.

d Bean Ice Cream

ur the contents from 1 can (about 8½) sweetened red beans into a wire ainer, stir gently, and allow to drain; card any syrup. Turn the beans into mixer bowl and mash with a potato ısher. Add 1 quart slightly softened ıilla ice cream; beat until well blend- . Refreeze. Makes about 1 quart.

d Bean Sauce

ain the contents of 1 can (about 8½) sweetened red beans in a wire ainer; stir gently and discard syrup. rn beans into a small pan, and add ½ ɔ light corn syrup. Heat, stirring, until comes to boiling, then boil about 2 nutes or until it thickens slightly. Stir 2 teaspoons lemon juice and cool to ɔm temperature. Makes 1⅓ cups. □

50¢ Cash Refund:

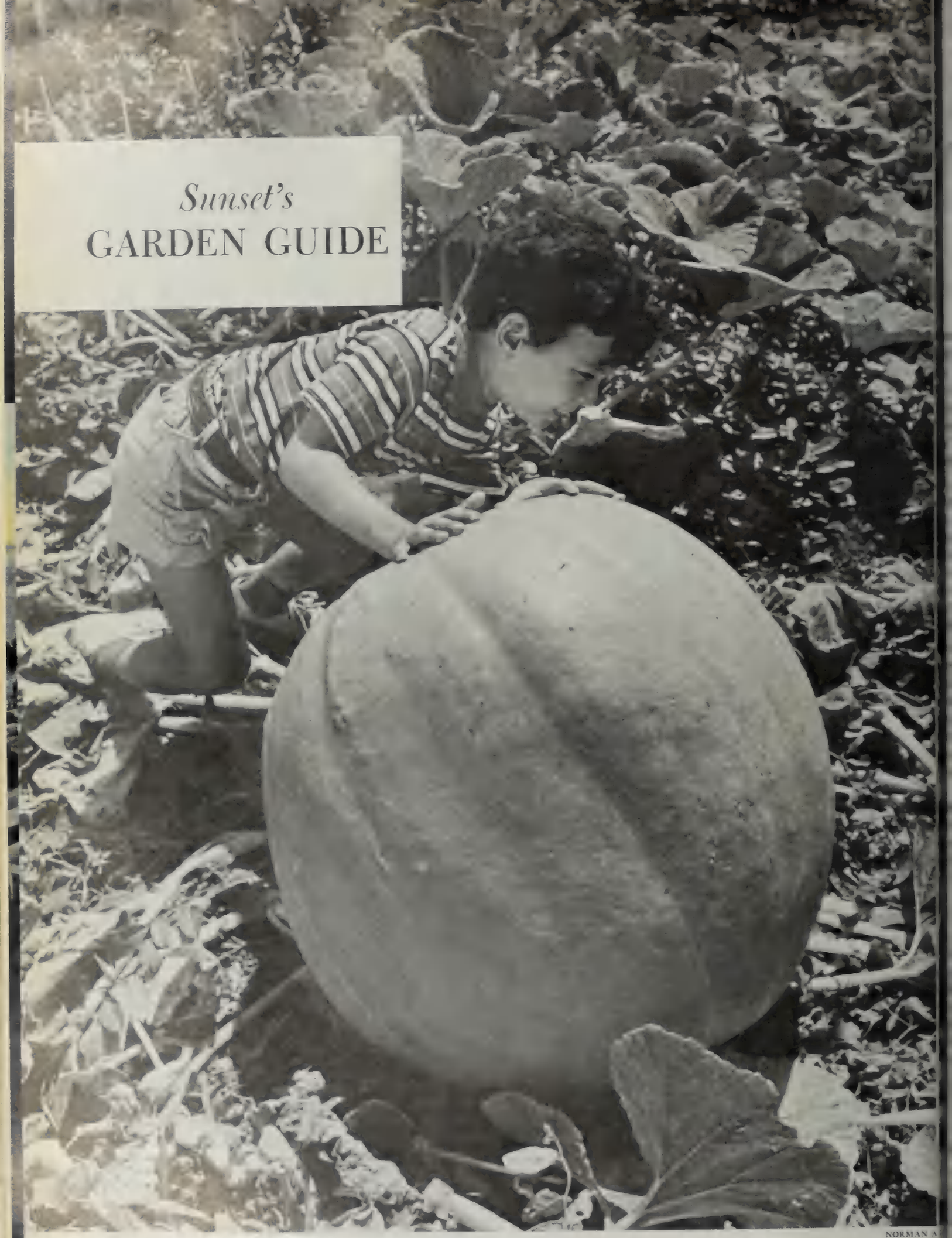
Put our fresh-tasting minced or chopped clams together with spaghetti sauce and what do you get? A fabulous clam spaghetti sauce!

And if you look for our display at your participating store, you'll find out how to get 50¢ cash for trying our recipe! (That should be enough to make the spaghetti sauce free!)

Gorton's Christopher Columbus Clam Spaghetti Sauce

One 16 oz. jar or can prepared spaghetti sauce
One can (6½ oz.) Gorton's minced or chopped clams with liquid
¼ cup sliced, pitted, ripe olives
2 tablespoons snipped parsley
¼ teaspoon oregano

Heat all ingredients in a saucepan. Serve clam sauce over hot spaghetti. If desired, sprinkle with Romano or Parmezan cheese. Makes four servings.



Sunset's GARDEN GUIDE

NORMAN A

Big Max is bigger than he is

Some lucky gardeners will harvest pumpkins as big as this one this month. It's a 'Big Max,' a variety sometimes weighing 100 pounds or more. This one was planted from seed last May

CTOBER IN YOUR GARDEN:

This is the month when you can plant anything

ıber is the West's super planting ıth. An ambitious gardener could y fill his evenings and weekends gardening alone. Now's the time lant annuals and perennials, bulbs, inter vegetable garden, or a new ı. There's also general cleanup and ıing to do.

ı all there is to do in the garden month, you'll have to organize care-. Remember, October is the last th of Daylight Savings Time, the month that offers enough daylight o much in the garden after work. t month most states revert to Stan- Time and there'll be no light for ening.

rainy season sometimes starts in Oc- r—or at least the first light rains fall. It's always wise to wait until a ıle of inches have fallen before you up on watering. There'll be frosty ts in the mountains so gardeners must rush to finish planting before ground freezes.

-o'-lantern time

month decides the fate of many a pkin—to be carved into a Hallow- jack-o'-lantern or to be made into a A pumpkin is ripe and ready to pick ı the vines wither and die. As the s start to turn brown, it's time to watering. Wet soil might rot the pkin.

ran pumpkin pickers know it's wise ave about 3 inches of stem on the pkin when it's taken from the vine. ɔu remove all the stem you may a hole for decay to enter. And, of se, the stem provides a useful han- for opening and closing the hole ve cut in the top of your jack-o'- rn.

liaeas are easy to grow

iel's spear, shown in the picture ght is one of the brodiaeas, spring summer-blooming Western wild- ers. Brodiaeas grow naturally where ners are dry, often in the heaviest e soils. They have grasslike leaves wiry stems topped with clusters of 50 funnel-shaped flowers.

Flower colors include blue in wild hyacinth (*Brodiaea pulchella*); violet in harvest brodiaea (*B. elegans*) and Ithuriel's spear (*B. laxa*); white in white brodiaea (*B. hyacinthina*); yellow in golden brodiaea (*B. lutea*); and red in firecracker flower (*B. ida-maia*).

Brodiaeas grow best where they get no summer watering so that their bulblike corms can dry out completely. If you have to plant them where they will get water in the dry season, put them in very sandy soil. In any case, plant the corms in fall, 2 to 3 inches deep. (In cold winter areas, either plant corms in containers, which you can move to a sheltered area for the winter, or protect ones in the ground by mulching them heavily in the fall.)

Brodiaeas make a nice complement to spring-blooming wildflowers in a rock garden. Supply is limited. If your nurseryman cannot order for you, write to Siskiyou Rare Plant Nursery, 522 Franquette St., Medford, Ore. 97501.

Help for olive wilt

Verticillium wilt is one of the most common diseases of olive trees. Its first symptoms are usually wilting of one side of the tree. The leaves die upward from the bases to the tips of the branches. The disease may progress either slowly or quickly. Although there's no cure for verticillium wilt, there are some things that you can do to slow its spread.

Always plant olive trees in well drained soil. If you are going to use an olive tree in a landscape setting with lawn close to the trunk, put the tree on a raised mound for better drainage.

Also avoid overwatering olive trees. They are drought resistant once established, and do best with infrequent but deep waterings.

In the fall, it's a good idea to mulch the soil around the base of the tree. Use 1 to 2 pounds of pine or fir sawdust per square foot of soil—make a layer of sawdust 3 to 6 inches deep. Work the sawdust down into the soil with a spading fork. You should repeat the sawdust mulching every autumn.

The future hope for overcoming verticillium wilt is the development of a variety of olive that would be resistant to the disease. Plant breeders at the University of California expect one may be

Clusters *of 1¾-inch violet flowers with purple ribs appear in April, May, or June—even later in coolest summer climates. It's Ithuriel's spear*

Sunset's GARDEN GUIDE

Short-stemmed varieties *of sweet peas bloom heavily and their compact growth doesn't need any extra support*

DARROW M.

available in a year or two.

What fall pruning does

Although you can and should prune trees in both the fall and spring, you should do one kind of pruning in the fall and another in the spring. Fall pruning should aim at removing branches that are weak and spindly, the ones that winter storms are likely to break. In particular, evergreens will benefit from light pruning that opens up dense tops and makes them act less like sails in the wind. (Major pruning of evergreens should be held off until before spring growth.)

It's easier to see and remove dead wood and crowding limbs when leaves are still on deciduous trees in autumn. Usually by the beginning of October most of the foodstuffs have been transported from the leaves to other storage areas, and so removing undesirable wood then doesn't cause too great a loss to the trees. Wait until spring to remove suckers from older trees or to do much pruning of young deciduous fruit trees. If you cut off more than 15 per cent of the top of young fruit trees in the you may seriously reduce fruit pro tion and growth next year.

Attention, garden contestants

The period for filing your final re for *Sunset's* 1972 garden contest is October 2 to October 16. Winners be decided on the basis of their fina ports only. The report should consi two or three written pages expla what you accomplished along with tographs you took of the finished ect. Please label the photographs.

OCTOBER CHECK LIST: *Here are*

☐ **Annuals.** For winter bloom, plant calendulas, pansies, snapdragons, violas. Now is also the time to set out anemones, delphiniums, dianthus, Iceland poppies, stock, sweet alyssum, and sweet peas. For more information on sweet peas, see the item at the top of the opposite page.

☐ **Begonias.** Wait until foliage of tuberous begonias dries out, then cut off the dry leaves and stems, dig up the tubers, and store tubers in a cool, ventilated place.

☐ **Bulbs.** Nursery supplies usually disappear fast, so select bulbs you want soon. You can afford to wait until November to plant many kinds, but don't wait until then to buy them. For the flowering season of different varieties, see page 229.

☐ **Camellias.** For bigger and better bloom later on, thin out the buds now. Pinch off one or two buds from each cluster, but be careful not to remove the narrow pointed growth bud. If you find Sasanquas in bloom now that you like, plant them; they make good landscape or container plants.

☐ **Chrysanthemums.** Staking will prevent plants from falling over during early rains. When plants start to bloom, stop feeding them, but continue to water well.

☐ **Dahlias.** Don't dig up tubers until the tops finish dying back. Either divide tubers now or wait to do it a couple of weeks before planting time next spring.

☐ **Gladiolus.** Dig up corms whose tops have died back. Cut off the old foliage 1 to 2 inches above the top of the new corm. Put the corms in a dry place for about three weeks; then discard the brown, woody dead old corm which sits below the new one after the corms have dried. Store the new corms in flats until spring.

☐ **Ground covers.** Set out kinds that can tolerate cold weather such as ivy, *Hypericum calycinum*, *Potentilla verna*, and vinca. By spring, they'll be well established.

☐ **Growing cuttings.** This month you can take cuttings of fibrous begonias, geraniums, pelargoniums, sedum. Before growth be-

early sweet peas

best month to plant sweet peas in -winter areas is October: Seeds will ut and seedlings develop a good root m before cold weather arrives. when spring comes, they will grow lly and begin to flower in late ch or thereabout.

t peas are usually grown with some of supporting frame such as a trellis nce, but varieties that don't need support are increasingly popular. particular variety, 'Knee High,' was loped specifically to use as a plant orders or flower beds. It produces to seven flowers per stem, but the is only half as long as the normal —about 30 inches. Be careful to this variety in an open space away fences and other structures. 'Knee ' does have tendrils and will climb andy support.

et really outstanding sweet peas, re- ber that these plants need rich, y soil. Incorporate well rotted com- and bonemeal into the soil at plant- time. Make sure you plant sweet in a sunny location, or the vines grow long and produce few flowers. uth-facing location is ideal.

ter-spring color

planted bulbs will bloom in winter spring if you get started planting . Seven different kinds of bulbs are rally planted now and by putting in of each you will get your garden off to an early and long-lasting n.

nones are the first to bloom in ner regions. They can start blooming in mid-January and continue for six to eight weeks. Flowers come in blue, pink, red, and white.

Crocus will bloom from mid-February to March in yellow, white, and purple shades.

Daffodils bloom from mid-February into April depending on the kinds you choose. Colors include white, many shades of yellow, and even a few pinkish tones.

Dutch Iris bloom from early February to mid-March. Colors include blue, bronze, white, and yellow.

Hyacinths bloom in the middle of February. Available colors include blues, pinks, reds, whites, and yellows.

Ranunculus, the most popular of fall-planted bulbs in the West, produce flowers heavily. Blooms appear in late February and continue on into April. Available colors include orange, pink, red, white, and yellow.

Tulips can bloom over a period of two months if you plant early, middle, and late varieties. Earliest ones bloom in early March and the latest ones in the final part of April. There are as many colors available as you can imagine.

When to harvest ornamental corn

Soon it's time to harvest ornamental corn planted last spring and early summer. The stalks should look dried and withered, and the husks around the ears should be brown and papery. The time to pick the ears is when they have finished drying on the stalks and the kernels have all changed colors.

One way to harvest them is to break off the short stem that holds the ear to the main stalk of the plant. That way you can use the ears in their husks for wall decorations for Halloween and Thanksgiving. Or if you just want the ears, you can pull them from the husks.

It is better to pick the ears when they are completely dry, but if early rains make that impossible you can harvest slightly moist ears and dry them in a shed or garage. Just open the husks and hang them in bunches from the stalks for a few days until the kernels are hard and dry. If you keep the ears of corn in a dry place, they will last for many months.

NORMAN A. PLATE
Multicolored ear *of ornamental corn is dry, hard, glossy—ready to harvest. Kernels are red, white, yellow, black*

res that need doing

gins to harden, take tip cuttings of fuchsias. In frosty areas, keep the cuttings indoors or in sheltered spots outside.

☐ **Indoor plants.** Now is a good time to repot plants that have grown too big for their containers. Don't wait any longer to move plants indoors that have been kept outside for the summer. By mid-month, frosty nights could possibly get them.

☐ **Lawns.** The best time to plant cool-season grasses is October. Mow new lawns only when top growth reaches 3 inches, usually about a month after planting. Now is also a good time to feed established lawns and reseed areas where the grass is getting thin.

☐ **Maintenance.** Autumn clean-up can get rid of hiding places for over-wintering pests. Pull out annuals that are through blooming. If you are disappointed with the performance of any perennials or shrubs, replace them now. Remove surplus and weak raspberry and blackberry canes, and canes that produced fruit this year.

☐ **Perennials.** Transplant crowded perennials now. Divide overgrown plants. Discard old woody portions at the centers of the clumps. Set out agapanthus, columbine, daylily, dusty miller, gazania, marguerites, peonies, and Shasta daisies.

☐ **Roses.** Encourage blooming by cutting off faded flowers. Also cut away dead, diseased, or weak growth, but wait until winter to prune heavily.

☐ **Slugs and snails.** Look out for increased snail and slug activity as the weather gets cooler. Their tracks are telltale signs. Hand pick or bait.

☐ **Vegetables.** Sow seeds of beets, carrots, chard, lettuce, parsley, peas, radishes, spinach, turnips. Set out cabbage, cauliflower, and broccoli seedlings now.

☐ **Watering.** As night temperatures drop, plants use less water, but October rains are seldom enough to meet their needs. Check soil and water when it gets dry. Take special care to water azaleas, camellias, and rhododendrons. □

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NORMAN A. PI

Tough *ground cover on windy sand dune. Arctotis acaulis has yellow flowers, gray-green foliage. Closeup below shows typical 3-inch bloom*

African daisy likes the dunes

After a three-and a-half-year trial at Asilomar State Beach in Monterey County, the perennial African daisy (*Arctotis acaulis*) rates as a highly dependable ground cover for difficult situations in that coastal area. (It also grows well inland where winters are mild.)

Most plants at Asilomar—even natives—struggle hard against wind, heavy browsing by deer, human foot traffic, and poor, dry soil. This arctotis, however, has prospered. It's second only to ice plant in vigor, but is less common and much easier to control. It will grow on sand dunes, as long as the dunes are not too active. After the roots take hold, they bind the sand and help to stabilize a dune. Thick growth chokes out most weeds and discourages trampling.

A. acaulis has 3-inch-wide flowers that are golden yellow with dark centers. But the plants hybridize readily and com many colors when grown from seed. get a desired color, make cuttings divisions of selected plants. Flo bloom profusely from March to Ju with occasional watering, they'll c tinue throughout the year.

The best time to plant is in Octo or November just before or after r start. After planting, water in thorou ly; if the weather remains dry, conti watering until roots are established.

At Asilomar, yellow-flowered cutt grown plants were set 4 to 5 feet ap individual plants grew 6 feet acros one year.

A spring feeding with complete fertil encourages deep rooting. Establis plants withstand drought, but bl more profusely and longer if watered casionally, especially in dry summer

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The ardisias . . . worth rediscovering

What can you say about plants that seem to become less popular with the passing years? In the case of the ardisias, you might say they just haven't had any publicity—good or bad—in the last half century; we've forgotten their virtues.

These quietly attractive small shrubs, however, were once garden favorites. *A. japonica* has been used as a ground cover in its native Japan for at least 400 years. And *A. crenata* was a favorite Victorian house plant. Both are still available, but neither is common.

Both are evergreen shrubs with tiny white or pinkish flowers followed by small (¼-inch), long-lasting, bright red berries. They differ from each other in size, hardiness, and uses.

The tops of *A. japonica* are hardy to about 20°, roots possibly to 10°. It sends up 12 to 18-inch-tall stems from slowly creeping underground rootstocks. Leaves cluster near the tops of stems and are 3 to 4 inches long finely saw-toothed edges. Midsu flowers are followed by red berrie last far into winter.

Plants thrive in almost any good but do best with rhododendron c tions—acid soil, humus, shade, ample water. Where the plant is ing near its hardiness limit, a spot a house and under a deep overha safest. It can tolerate quite dense s Although it does spread, it never fast enough to become a pest.

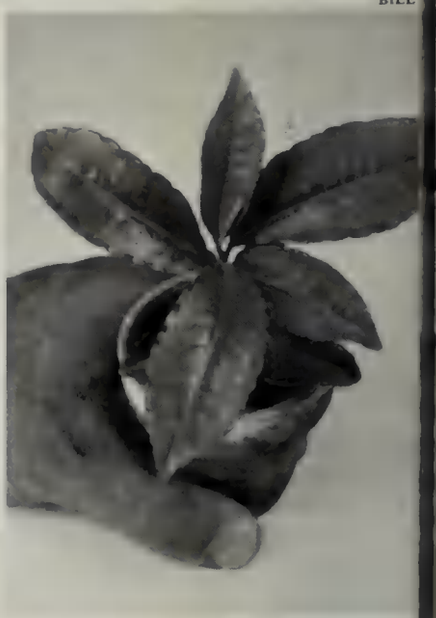
A. crenata is usually seen as a s stem house plant with a crown of leaves at the top and showers of red berries along the stems. Most top out at 18 inches in a 6-inch po can grow bigger with age. Your disias in 2-inch pots are often sol dish-garden planting.

Although usually considered a plant, *A. crenata* can stand a fe grees of frost and is hardy on Ca nia's coast and in its coastal valley

DARROW M

Glossy, *finely saw-edged leaves of Ardisia japonica usually conceal tiny pinkish-white flowers*

BILL



Leaves *of Ardisia crenata are 3 inches long, very glossy, with finely scalloped edges*

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DARROW M. WATT

Frilly *petal tips give the fringe tulip its name*

Try them where other tulips fail

Fringe tulips have been around for a long time without exciting any special interest. In the past the flowers were small and the price high, but tulip breeders went to work to improve flower size, and this year the cost has come down for the first time. It's worthwhile reconsidering fringe tulips.

For one thing, they'll do well most anywhere in the West. Gardeners in Southern California take special note: People who have tried them there say fringe tulips are the best kind available for mild regions, notorious for tulip failures. Plants have reached heights of 26 to 30 inches, bearing flowers 4 or more inches wide.

Three kinds of fringe tulips should be readily available at nurseries this fall: 'Burgundy Lace,' with red flowers, 'Maja,' with yellow petals, and white-flowered 'Swan Wings.' Other types may be available from mail order suppliers.

Plant fringe tulips this month as you would other tulip varieties. Place them about two to three times as deep as the bulbs are wide; space 6 inches apart. Mix bonemeal or superphosphate into the soil at the bottom of the planting hole. Rich, sandy soil is best. These planting instructions apply to most of the West except Southern California.

In Southern California and other mild-winter areas, chill the bulbs for 6 to 8 weeks in the refrigerator (not the freezer) before planting. Then plant them 6 to 8 inches deep in November, December, or January. You can expect bloom in late April or early May, if you give bulbs lots of water and never let the soil dry out. □

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Good Housekeeping

Threaded *like beads on heavy wire, grapestakes are suspended between rock pillars*

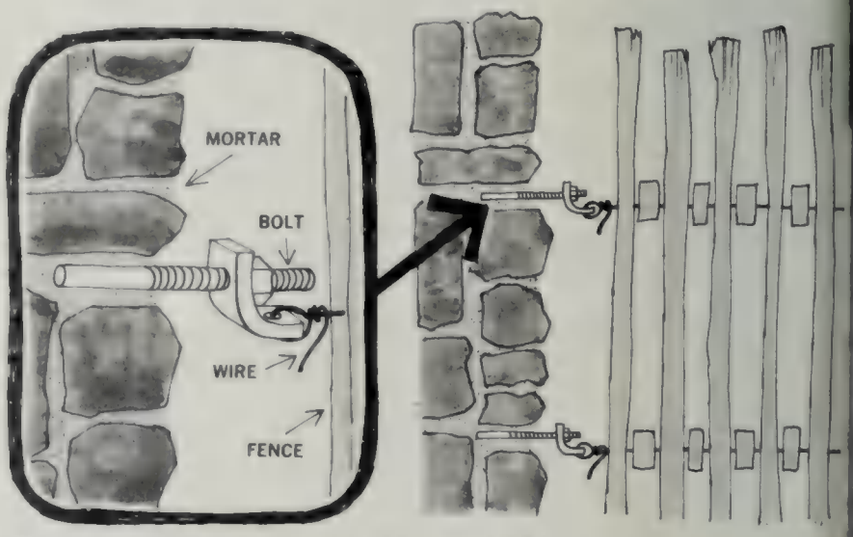
The grapestakes are strung on wire

Grapestakes and rock pillars make this unusual fence. It's cowproof (it's on a ranch) and it effectively made use of a large number of used grapestakes available to the owner. From this camera view the fence looks solid, but in fact it is quite airy; wind can whistle through at will.

The rock walls were laid with turnbuckles set into the mortar in each pillar, as sketched below. Holes were drilled in the stakes about 1 foot from top and bottom, and then the stakes were strung like beads on old telephone wire; strong light cable would do) with a inch piece of stake inserted between pair. The wire was fastened to the buckle and drawn taut. The res fence is sturdy (although it does under pressure), and stands about feet tall.

The fence creates a private garden to a driveway; a drain at the bottom lows excess garden water to escape.

Alton Greer designed it for Mrs. Sturges of Auberry, California.



Close-up view *shows how turnbuckle imbedded in stone supports the wire holding the grapestakes and 1¼-inch spacers*

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Two NEW Camellia hybrids to add color and interest to the landscape.

'Aztec' Camellia

(Pl. Pat. No. 3170)

This stunning NEW Camellia (pictured) will be making its first appearance in nurseries near you this fall. Its sensational appearance, huge size, delightful, velvety rose-red coloring make it unsurpassed by other Camellias in its class. The flowers have the gigantic size of C. reticulata with all of the vigor of C. japonica. Bright yellow stamens are a strong contrast to the coloring of the high crowned irregular petals.

Be the first to experience the magnificent 'Aztec' Camellia. Plant it this fall in a shaded area, enjoy the blooms this winter.

'Flower Girl' Camellia

(Pl. Pat. No. 2874)

For added landscape beauty consider planting this recent introduction. This gorgeous hybrid was developed from a cross between C. reticulata and C. sasanqua. The bloom form has a stunning resemblance to the exquisite C. reticulata shape. The flowering habit displays blooms in great profusion . . . a special attraction of this variety. On a graceful branching habit its vibrant pink blooms appearing through the winter make a striking contrast against the rich green background.

This vigorous growing shrub is more sun tolerant, allowing it a variety of uses in the landscape.

Available at Leading Nurseries

DON N

On streetside *(top) limb bre up monotony of fence. Sim construction (bottom) is evident ins*

An old sumac helps a fence

A limb of a prized old sumac through a "window" in the 6-foot slat fence pictured above. It could been a long, stark, and uninter expanse of fence but it was brok in this unusual way. And, of cours limb was thus spared from the ax.

Robert Ditzler of Mercer Island, W ington, used 4 by 4-inch cedar po support stringers of 2 by 4-inch To this superstructure, he nailed 2-inch cedar slats ⅜ inch apart. posts were not set in a concrete fo Instead, the holes around the posts filled with gravel, a method some builders believe does a better job o proofing.

Three slats were left out aroun sumac limb while the others were nailed up. Later, 2 by 4-inch boards were nailed across the gap and below the limb. Smaller slats cut to fit the remaining space, le a neat square window.

Out In

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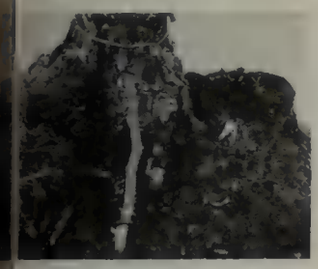
A new bonsai grows on an old bonsai's skeleton

Ivy *is being trained to climb dead bonsai pine*



ires *pin ivy to trunk and soil*

When one of his prized bonsai pines died, Bob Cannard of Sonoma, California, decided to use its skeleton as a ready-made framework for a new bonsai. Proper limb placement and a rugged trunk come slowly, so why not utilize what time and training have already furnished?

Mr. Cannard used 'Needle Point' ivy to cover the bones of the old plant. He planted a rooted cutting near the pine, pinned its stem against the trunk base with a wire clip into the soil, and wired it along the trunk as it grew.

Ivy branches soon grew out to cover the trunk and branches; frequent pinching and clipping keep the new bonsai compact.

You don't even have to have a dead bonsai to grow a handsome plant like the one you see here. Any attractive gnarled branch or piece of driftwood could furnish a similar base. □

ELLS MARUGG

In two years, *plant above will resemble this earlier effort. Pale stem is ivy's*

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What's new with tulips and daffodils this year? The trend is to easy (even shaggy) informality in style and to striking combinations in color. It's not unlike today's trends in haircuts and neckties.

To put it like that is, of course, to oversimplify. All of the good old bulbs are still available—the 'King Alfred' daffodils and the dignified Darwin tulips. And actually some of the novelties have been around for a few years waiting for growers' stocks to become large enough for the mass market. A few so-called novelties are really so old they only seem new.

Daffodil news

One standard of excellence in daffodils has been big 'King Alfred.' It is still the most popular daffodil, and sometimes the only trumpet kind that a nursery or garden store sells. Now, there are even bigger ones available. Two of the finest are 'Califlora Giant' and 'William the Silent.' Both are enormous bright yellow daffodils with broad, flat petals and a deep, broad trumpet with heavy frilling at the edge.

Until very recently, a split cup was just about the worst flaw a daffodil could have. The cup is supposed to be whole and unbroken, although it may be frilled and shaded, or banded with different colors. Growers are now breaking the taboo against split cups by bringing out new daffodils in which a split cup is the principal glory.

Of course, the split isn't simply a break along one side of the cup. Instead, the cup is divided into six petal-like segments, which may be very nearly as large as the flower segments themselves. Traditionalists say the cup looks as if it had been steamrollered; modernists say the cup is now a flower within a flower.

These new daffodils look like winners. And they have new names—butterfly, papillon, orchid-flowering, or collar daffodils. One that is in good supply this year is 'Mols Hobby.' It has a broad, heavy-textured, creamy flower and a flat split cup with alternating bands of bright yellow and flame orange.

Reverse bicolors, while not entirely new, are becoming very popular. Some varieties are now in good enough supply to be very attractively priced—from 50 cents to $1, possibly even less, for a bulb. A bicolor narcissus (or daffodil) has a flower cup of one color, segments of another. Bicolors have been common among small-cupped and poeticus narcissus; they're really only news in the trumpet and large-cupped classes. The usual bicolor has a cup that's darker than the rest of the flower.

Reverse bicolors turn things around. They have a cup that's paler than the rest of the flower. The effect is surprising, because the practiced eye expects the deepest color in the center of the bloom. 'Spellbinder' is a reverse bicolor trumpet. When it first opens, the entire flower is clear pale yellow; the inside of the trumpet soon turns nearly white, while the outside of the trumpet and the petals remain yellow.

Similar in color is the reverse bicolor large-cupped variety 'Binkie,' which has a heavily ruffled white and cream cup, and yellow petals.

Jonquils are better known as names than as living plants. Some people think of all daffodils as jonquils, but in fact jonquils are only *Narcissus jonquilla*, together with its garden forms and hybrids. Commonest of those has been 'Trevithian,' a hybrid jonquil with a cluster of two or three pale yellow, fragrant flowers at the tip of every stalk.

Now you can buy the true wild jonquil. Sold as *N. jonquilla*, jonquil simplex, or single sweet jonquil, it's a small plant with 1 to 1½-inch bright yellow flowers on foot-tall stems. Leaves are narrow

DAFFODIL SURP

New daffodil *'Mols H*
has split cup
in yellow and flame

TULIP SURP

Lily-flowered *tulip*
has pointed segments,
opens to starry form

THE LOOK OF THE SEVENTIES: Bu

ed cups, wild jonquil, multicolors

flowers
fashioned jonquil
inches wide

Trumpet *daffodils:*
standard bicolor,
solid color, reverse bicolor

wers, bouquets, feathered parrots

lowering *or bouquet*
have three or four
s from each bulb

Parrot tulip *'Estella Rynveld'*
is rich red and white,
touched green

and nearly round in cross section, like rush leaves. Fragrance is intense.

All these daffodils are just as easy to grow as the old varieties, and all will thrive and multiply anywhere in the West.

Tulip news

Tulips, for all their brilliant colors, can look prim and rather complacent with their rigid stems and self-contained flowers. Some newer tulips are nothing of the sort.

One new class you will see are the fringed tulips; see the article on them on page 235.

Also big this year are lily-flowered tulips. They have tall, slender, pointed, often urn-shaped buds that open into wide flowers with pointed segments that have the look of some lilies—or of six-pointed stars. One of the newer varieties is 'Queen of Sheba,' a deep red with segments edged yellow. Also choice are pink 'Mariette,' dark red 'Red Shine,' and pure white 'White Triumphator.'

Most of the large flowering garden tulips have one flower to a stem. The multiflowering or bouquet types have three or four big blooms to each stem. In good supply this fall are bright red 'Luzern,' yellow 'Marienthal,' bright rose 'Prestwick,' and orange 'Turkye.'

The wildly slashed, fringed, and feathered parrot tulips have been around for years, but recently their popularity has climbed sensationally. One reason must be the big splash they make in the garden. Another is that their bizarre flowers make striking arrangements. Of many varieties on bulb racks this year, the newest and perhaps the splashiest is 'Estella Rynveld,' a brilliant red and white tulip with strong touches of green on the backs of segments.

All these varieties have grown and bloomed well in the West, although they seldom persist or multiply in warm-winter climates. □

wers are breaking the old taboos

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October garden events in northern California and the Valley

rancisco. October 3 and 10. Con-ion of Tuesday lecture courses ɔred by the Strybing Arboretum y. October 3 lecture: shrubs for ıall garden by Mrs. Hillyer Brown, ı consultant; October 10: trees for ıall garden by John Spring, Assist-ıperintendent of Parks. Place: Hall ɔwers, Golden Gate Park, Ninth and Lincoln Way. Hours: 10 A.M. ɔon. Admission: $2 for society ıers, $3 for nonmembers.

ɔga. October 4 and 11. Last two series of lectures by Alan Chad-horticulturist, sponsored by the alvo Association. Place: Villa alvo, off the Saratoga-Los Gatos Time: 8 P.M. Admission: $3 per e; limited number of student tick-1.

Clara. October 8. Ninth annual sponsored by the Midori Bonsai Place: Maywood Recreation Cen-330 Pruneridge Rd. Hours: noon ·.M. Free.

Rosa. October 8. Exhibit cospon-by the Santa Rosa branch and the lsburg branch of the American ·ia Society. Place: Luther Burbank nd Garden Center, 2050 Yulupa Hours: 10 A.M. to 5 P.M. Free.

Mateo. October 10 and 11. Land-Design Study sponsored by the ɔrnia Garden Clubs. Place: Royal ı Motor Hotel, 1770 S. Bayshore For fee information and registra-write to Mrs. Howard Evans, 342 :l St., San Carlos 94070.

o Park. October 12. Flower ar-ng to music, sponsored by the ts, Bay Ocean district, California en Clubs. Place: Convent of the d Heart, Valparaiso Ave. Hours: 3 P.M. Admission $2.50.

Valley. October 14. Historical s and garden tour sponsored by Sierra Nevada Memorial Hospital liary. For a tour map and tickets 0), write to Mrs. W. W. Staniey, Box 3, Rough and Ready, Califor-5975.

Francisco. October 14 and 15. er arrangement show by Sogetsu ɔf Northern California. Place: Hall owers, Golden Gate Park. Hours: M. to 5 P.M. Admission: $1.25.

ıo. October 21 and 22. Garden e and Take Days" sponsored by Fresno County and City Chamber of Commerce. Place: Chamber of Commerce parking lot, Fresno and N streets. Hours: 9 A.M. to 3 P.M. both days.

Atherton. October 22 and 23, 27, 28, and 29. Chrysanthemum show cosponsored by the Atherton Dames and the Holbrook-Palmer Recreation Park Foundation. Place: Holbrook-Palmer Park, 150 Watkins Ave. Hours: 10 A.M. to 4 P.M. all of the days except Saturday October 28 when the closing time is 8 P.M. Admission: 50 cents. For garden and horticultural group reservations during the week, telephone the park (415) 324-4521.

Walnut Creek. October 22 and 23. Third annual plant sale presented by Heather Farm Garden Center Association. Place: Recreation Building, Heather Farm Park, Sheppard Rd. Hours: 10 A.M. to 5 P.M. Sunday; 10 A.M. to 3 P.M. Monday. Free.

Graton. October 24 and 25. Flower show presented by the Graton Community Club. Place: clubhouse. Hours: 10 A.M. to 9 P.M. Tuesday; 10 A.M. to 4 P.M. Wednesday. Free.

Berkeley. October 28. Annual plant sale by the California Native Plant Society. Place: Brazilian Building, Tilden Regional Park. Hours: 10 A.M. to 3 P.M. Plants will include a wide assortment of ceanothus as well as other native plants, seeds, and bulbs.

Oakland. October 28 and 29. Show presented by the East Bay Bonsai Society. Place: Vista Room, Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 10 A.M. to 5 P.M. Free.

Ross. October 28 and 29. Flower show sponsored by the Garden Society of Marin. Place: Marin Art and Garden Center, Sir Francis Drake Boulevard. Hours: noon to 6 P.M. Saturday; 10 A.M. to 4 P.M. Sunday. Donation: 50 cents. Other features include bonsai and orchid displays and a plant sale.

San Francisco. October 28 and 29. Second annual show presented by the Gesneriad Society of San Francisco. Place: Hall of Flowers, Golden Gate Park. Hours: noon to 6 P.M. Saturday; 10 A.M. to 6 P.M. Sunday. Free.

San Francisco. October 28 and 29. Second annual show of the San Mateo County African Violet Society. Place: Hall of Flowers, Golden Gate Park. Hours: noon to 6 P.M. Saturday; 10 A.M. to 6 P.M. Sunday. Free.

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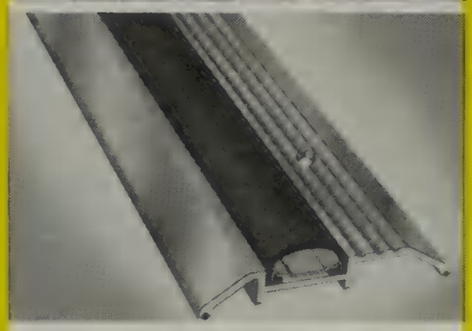

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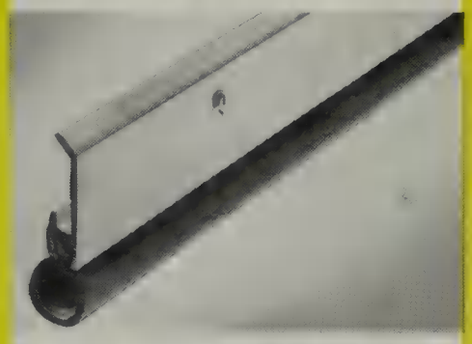

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ELLS MARUGG

Clusters *of yellow flowers hang like wisteria from goldenchain tree*

Plant now for show next year

Some trees you plant for shade, some for privacy, others for their form. The four trees you see pictured here offer you some or all of those benefits plus a bonus—an impressive flower show during spring or early summer.

In most parts of the West, fall is the best time of year to plant all four of these trees. In the coldest climates, wait until late winter or early spring.

Common goldenchain (*Laburnum anagyroides*) is a 20 to 30-foot-tall tree that bears clusters of yellow flowers spring. It prefers well drained so is subject to chlorosis in alkaline Prune to keep shapely. Seed po poisonous; remove them if childre nearby.

Slightly smaller but equally spect is the flowering dogwood (*Cornu ida*). White flowers almost cover th in May. Leaves turn red in autum best in cold-winter areas.

The flowering cherry 'Beni Hoshi' quickly to 25 feet high and equa wide. In late spring bare branche appear under masses of vivid pink ers with slightly twisted petals. Pl fast-draining soil only.

Western catalpa (*C. speciosa*) is a r headed, 40 to 70-foot tree with trunk. Large upright clusters of trumpet-shaped flowers marked wi low and brown appear in late sprin summer. Tropical in appearance, c is hardy even in cold-winter Where wind is a problem, plant shelter of taller trees or buil There's some litter problem in fal

Bright pink *blossoms make 'B Hoshi' a favorite flowering che*

DARROW M. WATT

White blooms *of flowering dogwood make spectacular show*

Tropical-looking *white flowe appear on hardy Western catalp*

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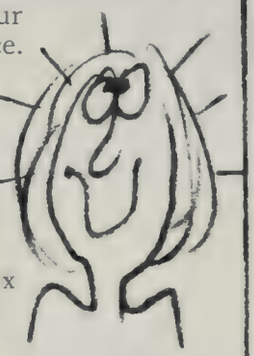

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DARROW A

Planted *from seed October 20, densely spaced spinach bed 3½ feet wide produced from February 21 until May*

The truth abou spinach

Don't associate the large, crinkly ach leaves shown here with the ca stuff Popeye pours down his th Crisp, home-grown spinach is gou food. Its full-flavored leaves can go dishes ranging from soups to on and meat entrées, but they're so go salads, you may never want to them in any other way. And you never want to eat a lettuce salad ag

Contrary to what you may have h or read, spinach is an easy and pr tive crop to grow. The main trick plant so it grows and matures d cool weather. September, October, November are the best months to

FELLS

To harvest: *pick outside leaves close to bottom of stalk. Let center leaves grow. They'll sustain the plant and become your next crop*

h in most parts of the West. In reas, you can also sow early in

of many different varieties of spin- re available on seed racks or h mail order seed companies. We mend either 'Bloomsdale Long- ng' or 'Nobel' spinach.

spinach the same way you would most other vegetables—choose a spot, prepare a rich, well drained nd give the plants plenty of water egular basis.

pinach bed shown above left is d the French intensive way, with -spaced plants on a mounded To use this method, make led bed about a foot deep. Spread dusting of bonemeal and about an of well rotted manure over the urface; work it into the top 3 to 5 of soil. Thoroughly moisten the fore sowing the seeds. (See pages d 168 of last month's *Sunset* for details about how to make led beds.)

r the seeds about 3 inches apart he entire surface of the area to be d. Gently cover seeds with ¼ to ½ f finely pulverized soil. Two pack- f seed sown in this way cover a ½ by 4 feet, and will produce h spinach for most families.

thoroughly with a gentle spray, eep the soil continuously moist the seeds germinate. Cover with r netting to protect from birds.

to harvest the outer leaves when seem full-sized and the outside are at least 3 inches long (not ng the stem).

d of cutting off the entire plant, get a larger harvest over a longer by picking only the outside leaves tting the inside ones continue to for the next crop. Pinch off flow- they develop to keep plants pro- g new leaves. □

FLLS MARUGG

spinach *leaves with garnishes a tasty, colorful salad*

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Forest fires burn more than trees.

Advertising contributed for the public good

Informal border *of violas extends into* [illegible] *fodils, softening line between the two*

A plan to plan eye-catchers

Spring calls for daffodils and vio[illegible] but you can't wait until spring [illegible] something about them. October i[illegible] time to plan and, in the case of daff[illegible] to plant. In combination the two w[illegible] great things for each other—and [illegible] spirits—next spring.

Starting in February the plants pr[illegible] an eye-pleasing contrast of color [illegible] shape. Low-growing blue violas s[illegible]

For best show *plant violas well back in* [illegible] *daffodils, using young shoots as guide*

trong, upright form of the yellow dils. Violas are also available in ot, purple, white, and yellow.

s are often planted as a separate r, but this formal separation of the lowers is less effective than running together, especially when the daf- s begin to fade.

ut bulbs early this month, leaving along the edge of the bed for the border. Plant large daffodils about 10 inches apart at the rear of the for a mass of yellow blooms next g. Plant smaller bulbs 6 inches . Daffodils near the border should anted far enough apart that the vio- ill fit in between. (For more on daf- s, see pages 242 and 252.)

anuary, when daffodils break the ce, set out the violas. Those in the graphs were transplanted from elsewhere in the garden where they grown to a good size and had estab- l roots; but well grown nursery s are equally good.

g daffodil shoots as a guide, plant s a foot or more into the daffodils, as a full border along the entire Space 8 inches apart.

result of this planting method is n in our first photograph: The daf- s at peak of bloom, combined with iolas, make a highly effective bor- As the daffodils begin to fade, the s soften the change, and then ex- garden color after the daffodils.

odils love sun, but violas may need al shade in warm weather areas. violas did well in this fairly sunny Planting under high-branching de- ous trees is a good method, since daffodils get practically full sun developing, and the shade pro- l later on prevents the violas' dry- out.

do best in rich, moist soil. Water oughly. You can hardly give too water to daffodils in full growth, soil drains freely. □

daffodils *and violas need thorough ring throughout growing season*

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plant tubs or big pots of daffo
narcissus. A half day's work n
give you a month or more of
next March, April, or May.

Landscape designer David Poot s
using big pots 14 to 18 inches wi
ger ones are too hard to hand
plants in a rich, fast-draining so
ture, setting bulbs three times their

If a bulb is 2 inches from base
allow it 6 inches of soil plus at l
inch headroom for watering abo
bulb. Because the bulb needs rou
equal amount of soil beneath it.
sure pots are deep. Fill with the
within 7 inches of the pot rim.
bulbs in so that they almost touc
other, then cover and water thor

An 18-inch pot will take from 1
bulbs. Be sure to buy Number 1
each will have at least two ste

DOUG WILSON

in pots are grouped for bold white and yellow on a deck. cherry branch above

l have at least two stems of The smaller-flowering varieties sus are especially satisfactory. ellow 'Trevithian' starts bloom- nid-March or thereabout and s in flower at least two and a ks. White 'Thalia' begins in ril and goes on for two and a ree weeks, weather permitting. e many flowers, are fragrant, longer than the big white or umpet daffodils.

outdoors during the winter; a ocation on the north side of the under trees will keep soil in and prevent premature sprout- ere winters are warm you will ther insulation to keep bulbs le root action begins; a covering 8 inches of loose, nonpacking material will do.

oots begin to appear (in Febru- March, depending on your gar- ate) remove mulch or pull pots the sun. If shaded too long, ill be floppy and leggy. Blooms in in late February, March, or pending on climate and variety. e that flowers last, give copious of water during bloom. Plants need additional fertilizer.

looms fade, gradually slow wa- a stop. You can plant the bulbs arden next fall. If you want to pots during the summer for an- vegetables, tip out bulbs and s together and plant in an out- ay place until tops die down. g bulbs, clean, and replant.

s up the containers during the set plants of flowering kale right e bulbs, or sow seeds of leaf or radishes. □

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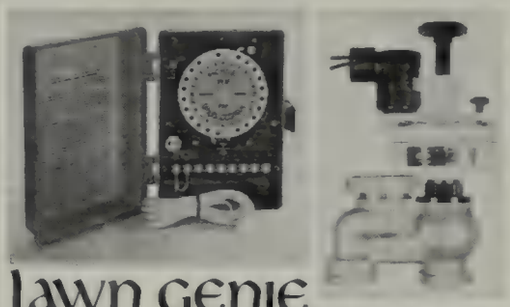

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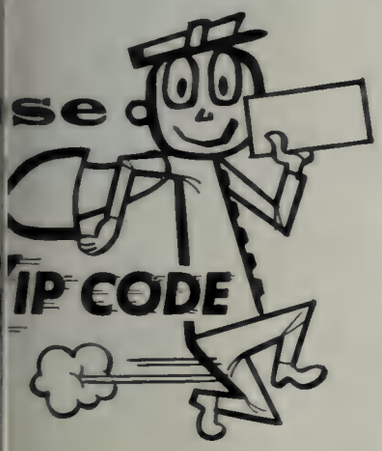

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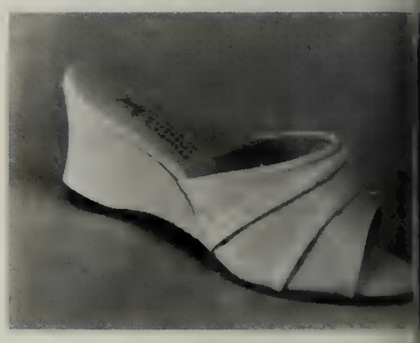

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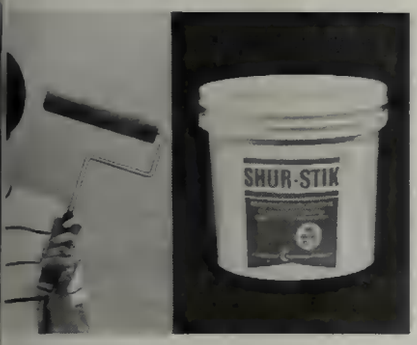

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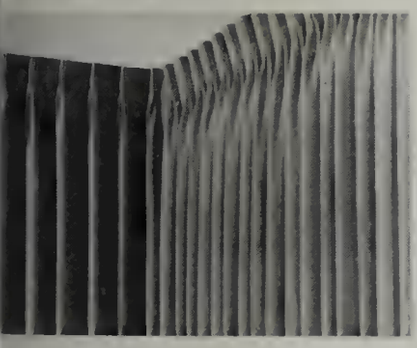

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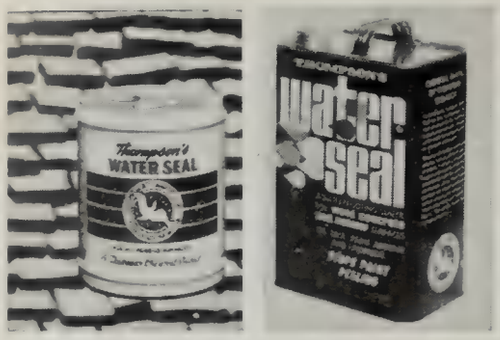

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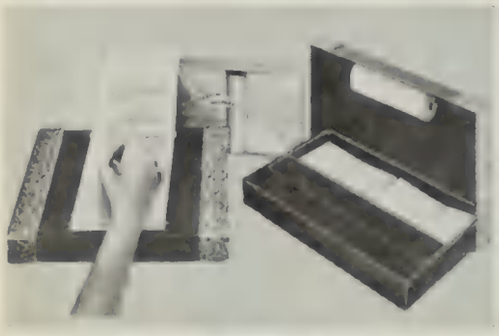

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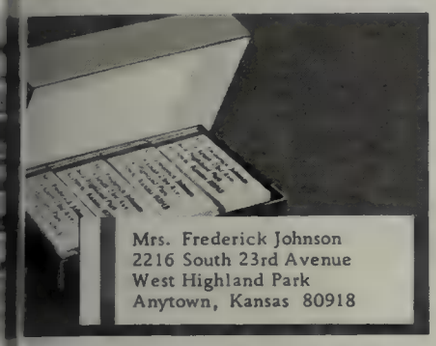

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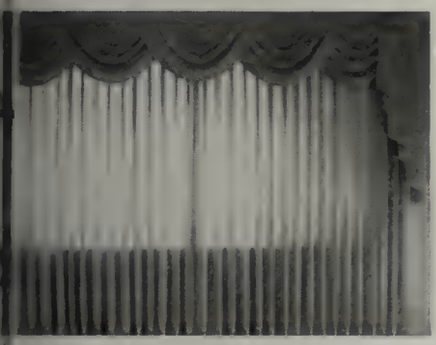

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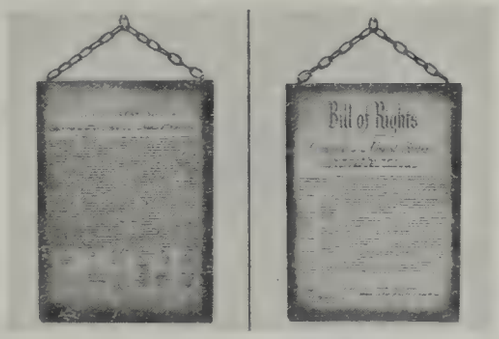

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DARROW M. WATT

Woodbridge Metcalf *identifying a Brisbane box (Tristania conferta) in his Belmont tree survey, 1969*

They were two great tree men

Northern California lost two great tree men this past summer. Woodbridge Metcalf, forester, died at 84 years of age on July 11 in Berkeley. Maunsell Van Rensselaer, horticulturist, died at 75 years of age on August 15 in Santa Cruz. Both men left tangible, useful works for the lasting benefit of California tree lovers. The following brief biographies tell some of their most outstanding legacies.

Woodbridge Metcalf

Thousands who made Woody Metcalf's acquaintance in northern California 4-H and scout camps from 1926 to 1955 remember him as a gifted interpreter of nature, a song writer, and a song leader. Others remember Woody as a yachtsman and a member of the 1936 U.S. Olympic sailing team.

Thousands more knew him in a more serious way as a professor of forestry and an extension forester at the University of California, Berkeley, from 1914 to 1955. He gave spine to the word forester because he taught that forest trees, themselves, are greater and more important than anything man can ever do with them.

Besides being a eucalyptophile—he was a delegate to the 1956 United Nations Eucalyptus Conference — Woody was this region's authority on the biggest, oldest, tallest, or handsomest of California native tree species. And in 10 California communities, tree-conscious citizens of the present and future are indebted to this big, patient, quick-minded

DARROW M. WATT

Maunsell Van Rensselaer *inspecting a block of Liquidambar 'Palo Alto' at Saratoga Horticultural Foundation, 1959*

man. Between 1955 and 1971, he inventoried and cataloged all the trees on all the streets in their communities.

Belmont, Campbell, Dos Palos, Hollister, Livermore, Menlo Park, Ross, San Anselmo, Santa Barbara (partial), and Walnut Creek were the subjects of his tree inventories. Copies of these surveys now exist in the offices of the city governments and in the Forestry Library, Mulford Hall, U.C. Berkeley.

Maunsell Van Rensselaer

Mr. Van Rensselaer was graduated from U.C. Berkeley in 1922 and he started the City of Berkeley Tuolumne Camp in the early twenties. Then, after a few years as operator of a resort in Napa County, he went to Santa Barbara as director of what ultimately became the Santa Barbara Botanic Garden.

In 1937, Van organized a group that had the redwood adopted as California's official tree.

In 1950, he left Santa Barbara for Saratoga as a cofounder of the Saratoga Horticultural Foundation. This nonprofit organization has done magnificently what it set out to do. If an individual tree or shrub somewhere is superlative for some reason, or for several reasons, the foundation propagates it vegetatively so that thousands of exact duplicates can be marketed.

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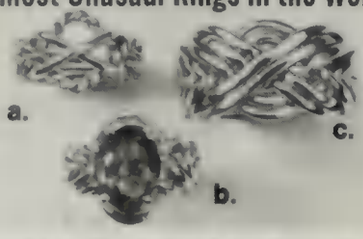

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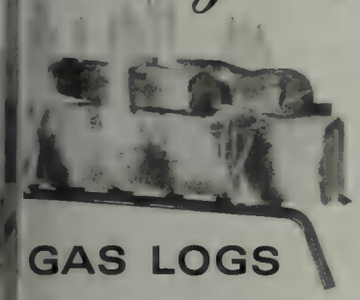

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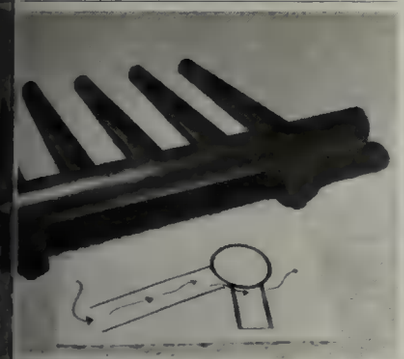

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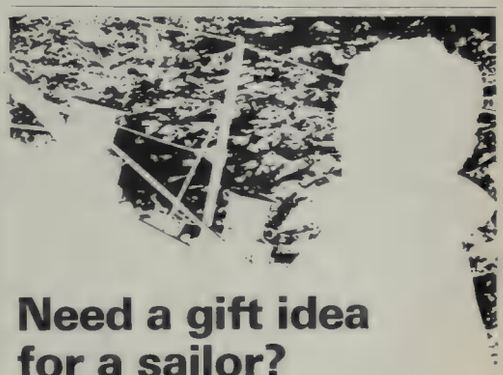

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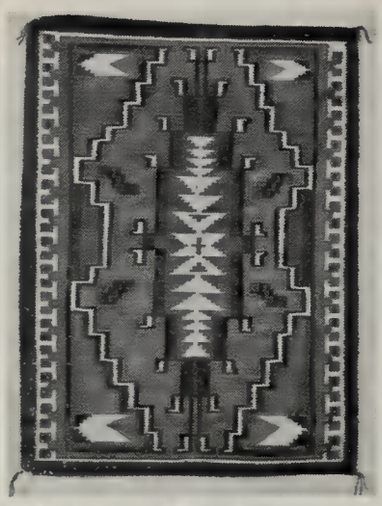

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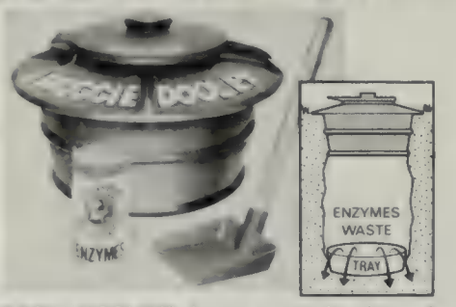

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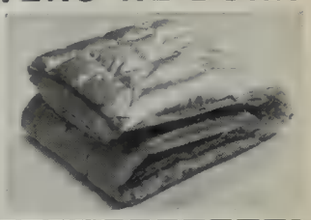

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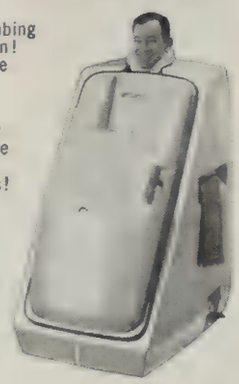

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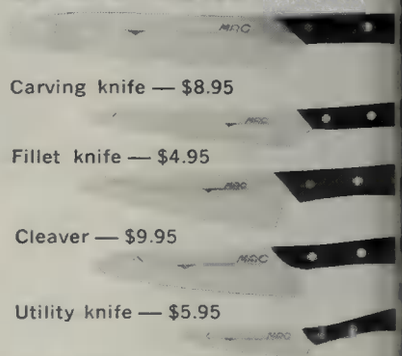

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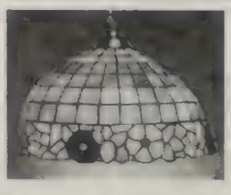

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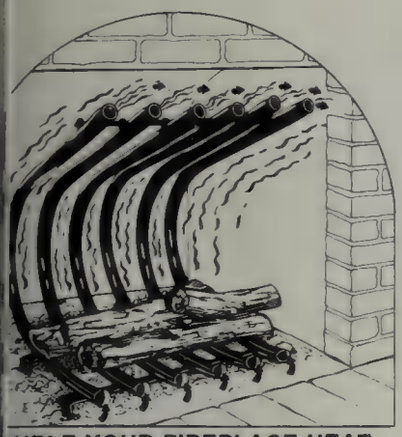

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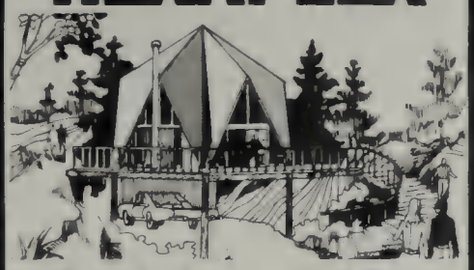

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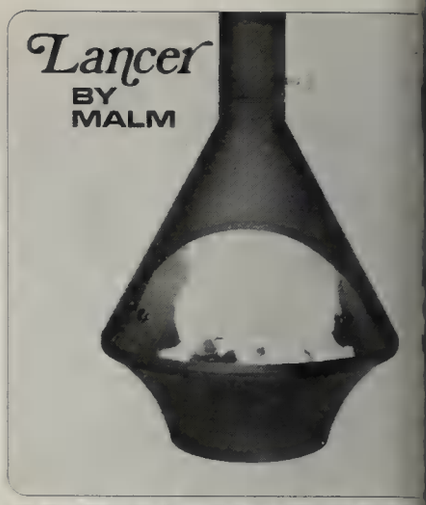

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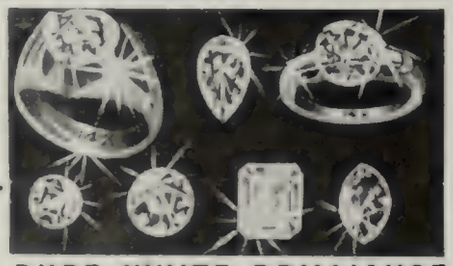

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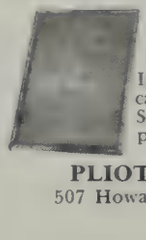

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His garden room took just eight weekends to build, cost less than $900

Kitten's ears, *grape ivy, and kangaroo vine in three hanging pots gets filtered sunlight through fiberglass panels*

This glass-walled room gives the David [illegible] of Sunnyvale, California, a garden as enjoyable throughout the year. Designed as [illegible] both open and secluded, it took eight weekends to build.

First Mr. Lewis poured a 6-inch-thick concrete footing six inches wide as a cinder foundation block, then set two layers of blocks in mortar atop the concrete pad to make a base for the walls.

To improve drainage for the floor, he spaded the soil inside the foundation and covered it with a 4-inch-deep layer of gravel. He also dug several sump holes (2 feet wide by 3 feet deep) and filled them with gravel at the places

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diary of

Wisteria *climbs south-facing wall (above), gives shade to plants inside. Air that circulates through louvered windows also helps in cooling. Inside (left) shelves open to light hold plants that like sun—cactus, succulents, others*

where the flower beds would go. Finally, to raise the floor to the same level as the house, he hauled in soil fill, poured it over the gravel layer, covered it with a thin layer of sand, and set bricks for the floor on top.

He used 4 by 4-inch redwood for the corner posts and 2 by 4's for frames to hold the glass and fiberglass wall panels in place. Fiberglass was used on the roof and west wall for shade and privacy. With mist spraying, jalousie (louvered) windows keep the interior cool in summer, and an electric heater keeps the room warm enough for people and plants in the winter. □

Small *cabinet holds garden tools, hides plumbing that converted old single spigot to two*

Sliding door *opens from garden room onto brick patio. Temporary bamboo screen covers half the fiberglass roof for extra shade in summer*

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LETTER FROM *Sunset*

The bike comeback continue

In a July 1965 article called *The bike's comeback*, we reported beginning of a trend back to adult pleasure cycling in America, particularly in the West. We noted the surge in sales of 10-s bicycles and the growth of family bicycling.

At the same time we observed that city and town planners were relegating bicycles to parks or back roads. We found only three d nated bikeways in the West—all of them short, none of them adeq

Since that article, the rebirth of bicycling has become a national nomenon. Annual sales of new bicycles rose from 5.1 million in to 8.9 million in 1971. This year, an estimated 11.5 million bikes be sold. Close to 30 per cent of bicycle sales are in the West, w climate and a tradition of family recreation have made cycli favorite form of outdoor activity.

But *Sunset* can now report a new trend of the 70's. Along with re tional vehicles and mass transit, the bicycle is becoming an impo consideration in urban and recreational planning. Our account of u bikeways in the Western states begins on page 94.

As you will see from our examples, the West is again taking the There are bikeway studies underway in towns, in urban center multi-county regions, even on statewide levels, and much of this e was inspired by citizen initiative.

Oregon pioneered in 1971 with the country's first legislation to allo a fixed minimum amount (one per cent) of its gasoline tax revenue bikeway construction. Washington passed a similar law early this and California followed in August. The proposed Federal Bicycle T portation Act (Senate Bill No. 2440) would expand the already exi channels for states to obtain Federal matching funds.

All this is not without controversy. Other priorities compete bikeways for funds and land. But you'll more than likely read ab good deal more bikeways in future issues of *Sunset*. The bicycle s very much here as a means of basic transportation.

WINDOW ON THE WEST: *The bikes of Davis*

Nearly two-thirds of the 28,000 residents of Davis, California, own bicycles and the total approaches 25,000 when the University of California campus is in session. Cyclists are encouraged by a citywide network of bicycle lanes. Paths completely separated from motor traffic are required in new developments, and freeway overpasses for bicycles are planned. A local supermarket has even tailored its grocery bags to fit bicycle baskets. □

November 1972

50 cents

Sunset

The Magazine of Western Living

Winter Holidays on Mexico's West Coast

Utah and Arizona Red Sandstone

Gardening in Your Living Room

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The Cover Story

Wrought iron angels support filigree crown atop brick tower of Puerto Vallarta's church, seen from street on hill high above. Beyond are palms at sea wall on Banderas Bay. Photograph by Glenn Christiansen

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oss the lake for lunch, or use your
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ad turnoff in Lafayette. Go about a
arter mile east on Mount Diablo
ulevard to a Lafayette Recreation
ea sign. Park admission is 50 cents
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erated entry gate).

pertino's Tournament of Bands

irty-five high school bands will parade
orfully and loudly down Stevens
eek Boulevard in Cupertino Saturday,
vember 18. It's the Bay Area's big-
st and most widely representative band

Children *feed ducks and geese in shady lakeside picnic area*

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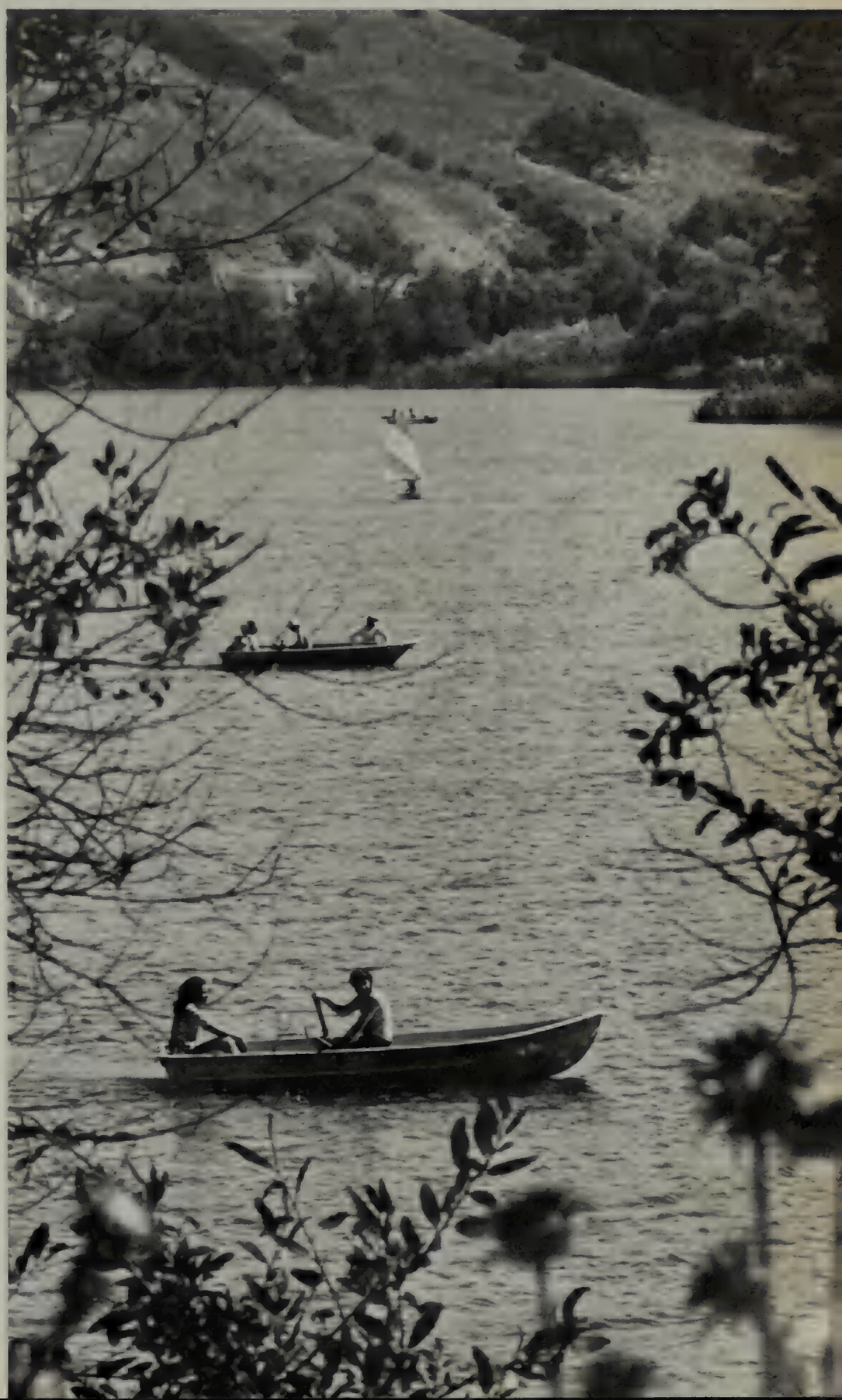

Upside-down *exercise is fairly easy with ribbstol to help. This Stockholm version has oval rungs*

Stall bars . . . the idea is Swedish

We photographed this wall-mounted system of exercise bars in Stockholm. It is called a *ribbstol.*

The ribbstol idea first came to America around the turn of the century with the increasing popularity of "Swedish gymnastics." This interest didn't last, but the exercisers are still seen today in many gymnasiums in a simplified version, usually called stall bars.

The man demonstrating for *Sunset's* photographer is Sverker Abrahamsson, staff editor of the Swedish magazine *Hem o Fritid* and an adept performer on the ribbstol.

For a look at a California-built version of the Swedish exerciser, together with instructions on how to make your own, turn to page 102.

festival—equal to 10 years of half-tir shows, to hear participants tell it. T bands are from high schools in eve part of California, all uniformed school colors; the repertoire is unlimite

The parade starts at 11 A.M. at De An College, Stevens Creek Boulevard a Stelling Road. It concludes 2 miles aw at Cupertino High School. A 7 P.M. ha time show competition follows at t high school athletic field; admission $1.25 for adults, 75 cents for studer Cupertino is west of San Jose on Int state Highway 280.

Peninsula parklands preview

A funded regional park district will b created in Santa Clara County if lo ballot proposition R passes November Sunday, October 29, supporters of measure are offering a preview of type of undeveloped land they're hop to have set aside as public park. Fr 12 to 4 P.M. you can wander 600 p vately-owned acres on 2,787-foot Bl Mountain. From Palo Alto take P Mill Road south for about 10 miles Monte Bello Road. Look for signs re ing "Afternoon on a Hilltop."

New Almaden's mercurial past

In 1971 the mercury mines of New maden were closed down to halt en ronmental contamination. It wasn't first time an issue of national or in national proportions had touched tree-shadowed town not far from Jose's southwest suburbs.

In the 1840's British, American, Mexican speculators battled for con of New Almaden's militarily impor quicksilver riches. Digging and smel had already been going on for sev years, making this the oldest mine of kind in California. However, the q tion of ownership went unresolved 1861 when a Philadelphia mining c pany took charge, reportedly with aid of high government officials were also stockholders.

Today, New Almaden, sequestered f San Jose by the Pueblo Hills and spurs of the Santa Cruz Mounta seems to be taking a rest. A visitor f a quiet main street (Almaden Road) a few buildings left from the early m ing days. The Casa Grande, just eas downtown, was built as a hotel in 1 by Captain Henry W. Halleck— general manager of the mines and Lincoln's Civil War chief of staff.

The two-story brick and wood buil eventually became the luxury li quarters for mine supervisors. Tod houses antique, art, and "junk" sh restaurants, and a period saloon.

A local historical museum occupies first of three original adobe houses of Casa Grande on the left side of road. Mexican mine workers live

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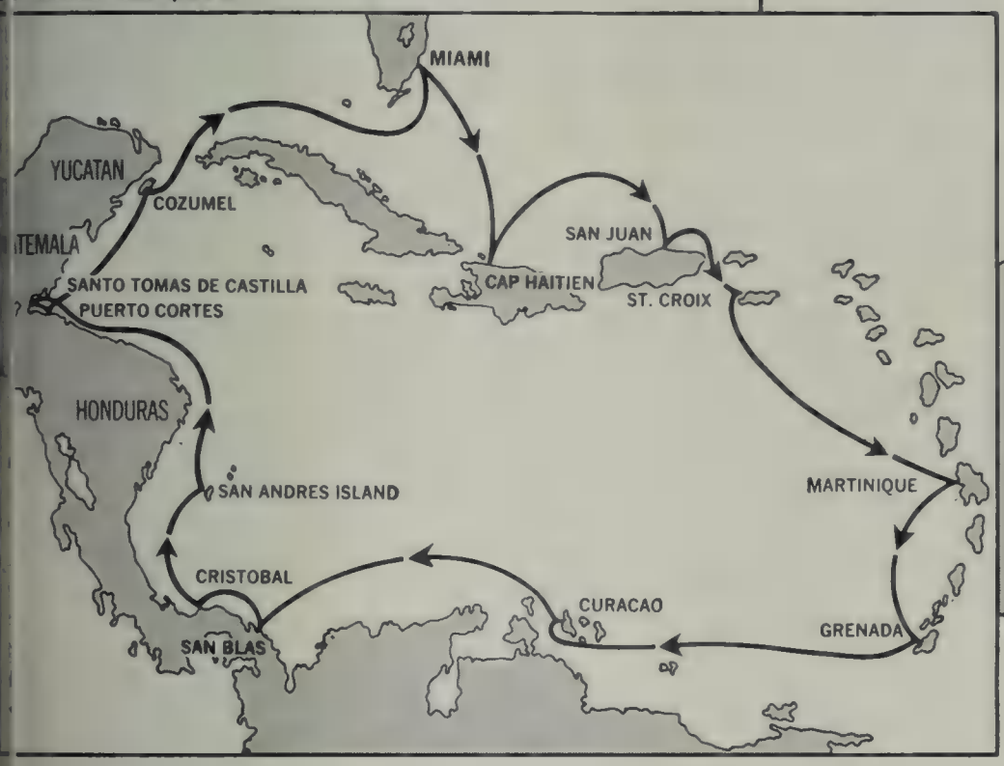

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LEE FOST

Shuttered *windows and veranda of New Almaden's Casa Grande are vintage 1850*

these structures in the 1840's.

Casa Grande and its fellow buildings are so well preserved (though not restored) that New Almaden is now on the National Register of Historic Places.

You can't visit the mines, but if you look westward from downtown you'll see two crumbling brick chimneys pushing upward from mountainside smelters.

At the west edge of town, cross a bridge to the south and take a drive dow tree-enclosed lane past an 1880's r taurant, and an old cemetery with cru bling gravestones dating from the 186

New Almaden can be reached from U Highway 101 by taking the Capitol pressway west in San Jose. Turn so when you reach Almaden Expressw (it becomes Almaden Road). Tra about 9 miles to the town.

For travel planners, a November check list

Outdoor guide. A 208-page paperback book, *Adventure Trip Guide*, is for people who want active—or perhaps even strenuous—travel experiences. Listed are more than 700 outfitters, guides, and organizations, with descriptions of mountaineering, ski touring, cycling, soaring, scuba diving, backpack, horse packs, canoe, and snowmobile excursions. The book is available for $2.95 in bookstores, or order it postpaid for $3.25 from Adventure Guides, Inc., 36 East 57th St., New York, N.Y. 10022.

Ski in Europe. Skiing enthusiasts can spend a two-week Christmas holiday at one of 28 ski resorts in Austria, Switzerland, France, or Italy. Accommodations during the two-week stay range from $107 to $657 per person, and include some meals. Round-trip air fare from the West Coast is about $440. Lift tickets and ski lessons are additional. Other one to three-week ski packages are available during the rest of the season. For details, write Europe on Skis, 49 West 57th St., New York, N.Y. 10019.

Cruise to Central America. A 21-day sea voyage to Mexican resort cities and the Galapagos Islands is part of the itinerary of the cruise ship *Xanadu*. Overland portions of the trip by motor, rail, and air include visits to Mayan ruins, volcanoes, and villages in Guatemala, El Salvador, and Costa Rica. Eight cruises from Los Angeles or Balboa in th Canal Zone depart between Novembe and April. Cruise fares begin at $1,450 air fare to or from Balboa is additional For detailed information write to Don ald L. Ferguson Ltd., 219 Palermo Ave Coral Gables, Fla. 33134, or see you travel agent.

India tours. A 17-day tour to Delh India, will start from New York ever third Saturday through March. Tours o Old and New Delhi, and a visit to Agr and the Taj Mahal are offered durin the first three days in the city. Visits t handicraft centers, yoga schools, and In dian dance exhibits can be arranged. Ex cursions to Nepal and Bangladesh ar also available. The $779 basic tour co includes round-trip air fare from Ne York, accommodations, and organize sightseeing. Meals, transportation t New York, and tour options are add tional. For information contact A India or see your travel agent.

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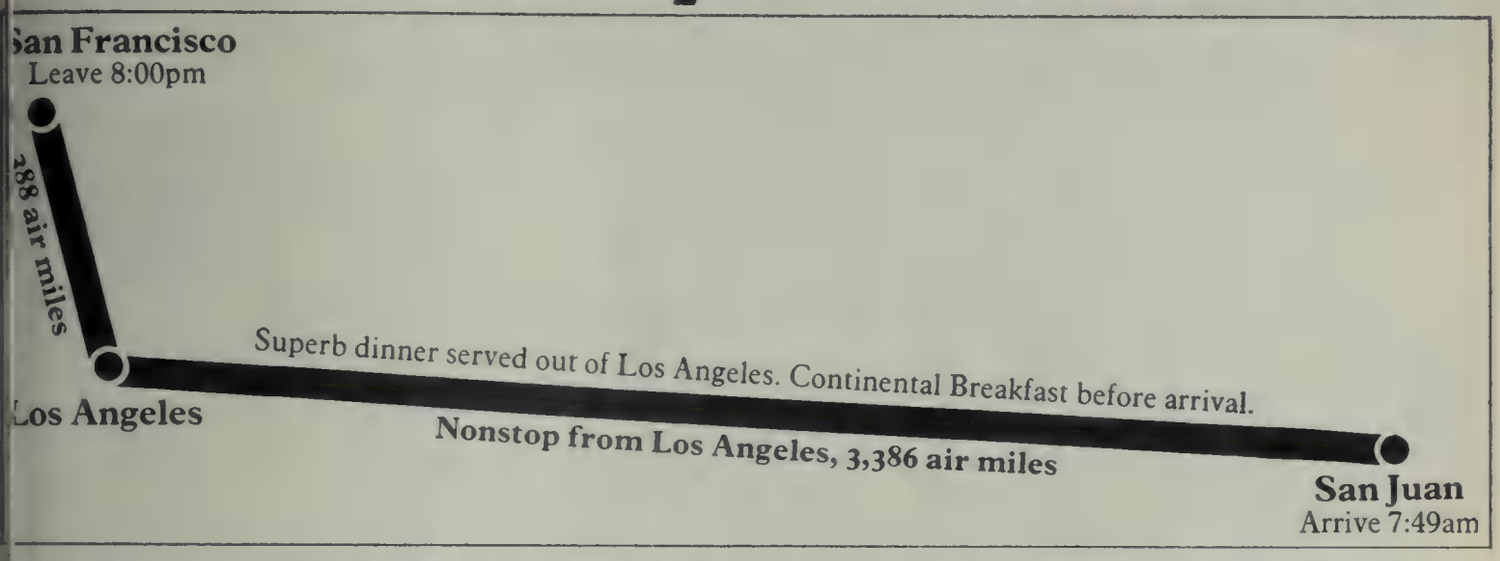

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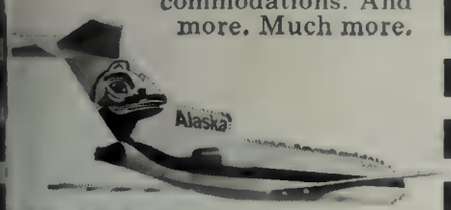

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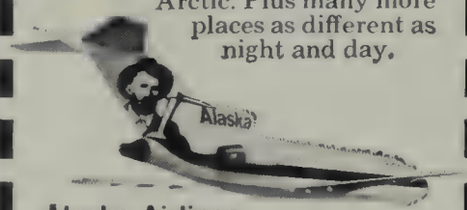

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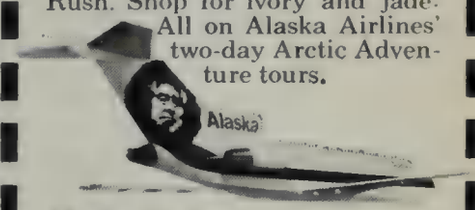

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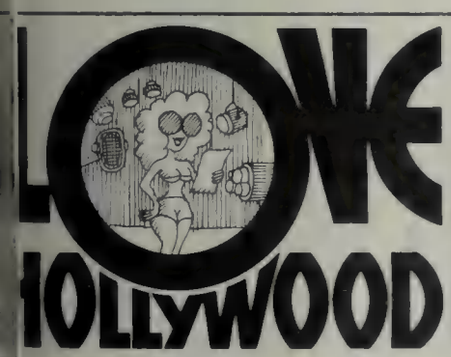

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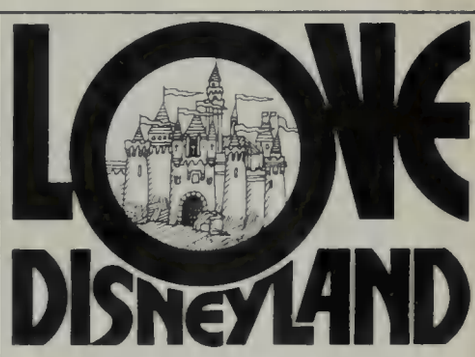

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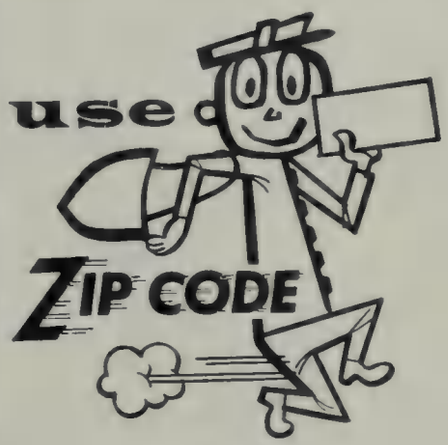

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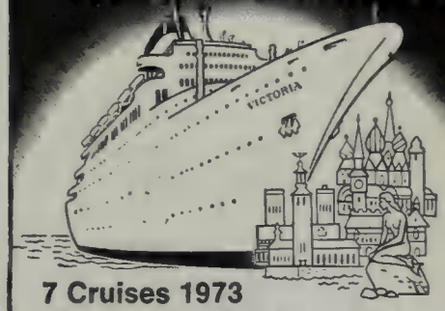

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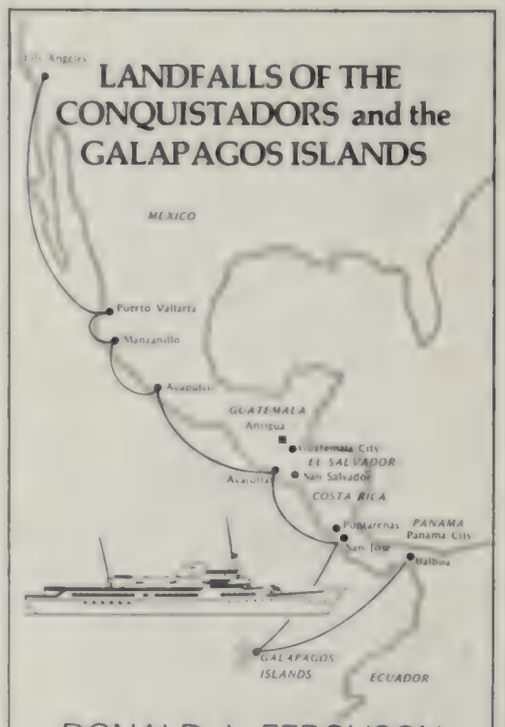

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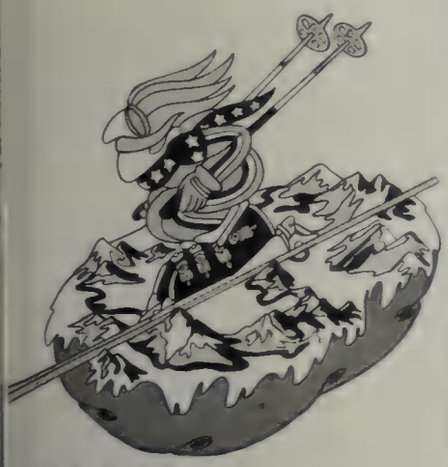

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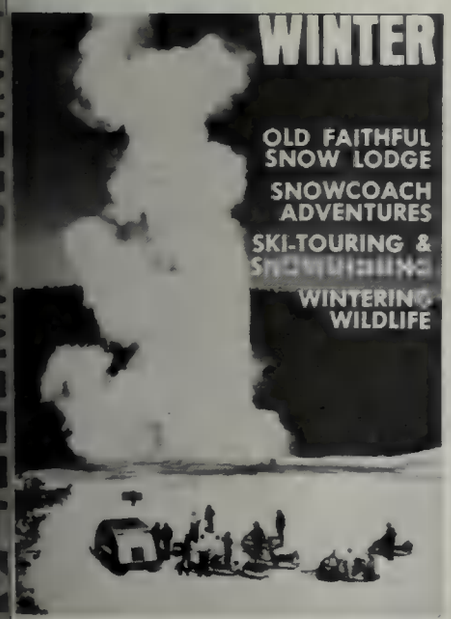

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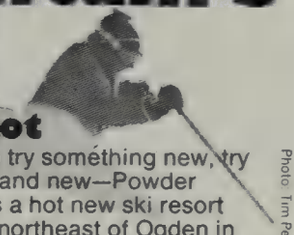

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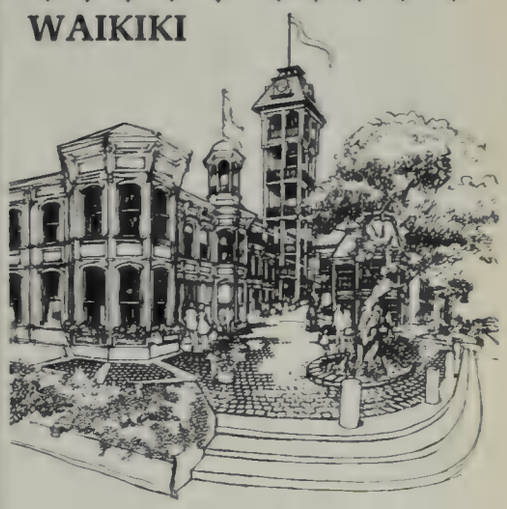

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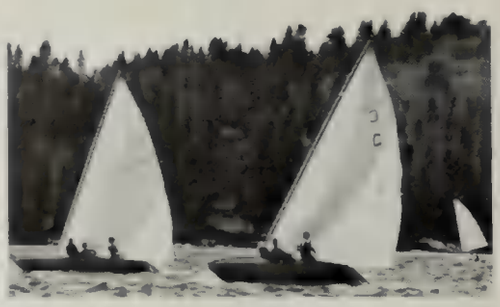

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TRAVEL DIRECTORY IS CONTINUED ON PAGE 21

By rail into Mexico

Being lulled to sleep by the gentle ro ing of a train while listening to the m fled clickety-clack of wheels on rails a sensation few travelers in the Uni States can experience anymore. But you're planning a trip to Mazatlán (page 88) or even to Mexico City, an you have time for the slow ride, you take a train from the Mexican bor towns of Mexicali or Nogales.

Although Mexican trains, which government owned and operated, ar as classy as the old Santa Fe *Super C* used to be or as efficient as modern J anese lines, they're clean and comf able, and main lines offer sleeping on overnight runs and dining cars.

The overnight trip from the borde Mazatlán on the *Ferrocarril del Paci* is a long enough train experience most people. From Mexicali it's ab 32 hours; from Nogales it's 15½ h by fast train, 21 hours by local trai

From Mexicali the *Ferrocarril Son Baja California* departs at 8:45 every evening and at 8:05 A.M. the morning it arrives at Benjamín where it connects with the main lin the *F.C. del Pacífico*. At Benjamín passengers have a wait of almos hours, which they can spend on br fast or exploring the town; there is dining car on this train. There's a parking lot (fenced and guarded) the Mexicali depot. Ask the ticket a for directions.

There are two trains from Nogale local train departing at 7 A.M. stop all stations along the route, con with the Mexicali train at Benjamín and arrives in Mazatlán at 4:30 A.M following morning. The faster *El teño*, departing at 5 P.M., arrives in zatlán at 8:35 A.M. the following m ing. The dining car on this train s a variety of Mexican meals—all co over a wood fire.

Mazatlán is not the only good des tion on this run. Other stops in Hermosillo, Empalme (with bus or service to Guaymas), Sufragio (b taxi service to Topolobampo and ferry to La Paz), and Guadalajara, w you can connect with the *Ferroca Nacionales de México* to Mexico C

One-way fares from Mexicali to M lán are $15.54 for a first-class ticket an additional $7.64 for an upper b $9.54 for a lower berth, and $19.0

(continued on pag

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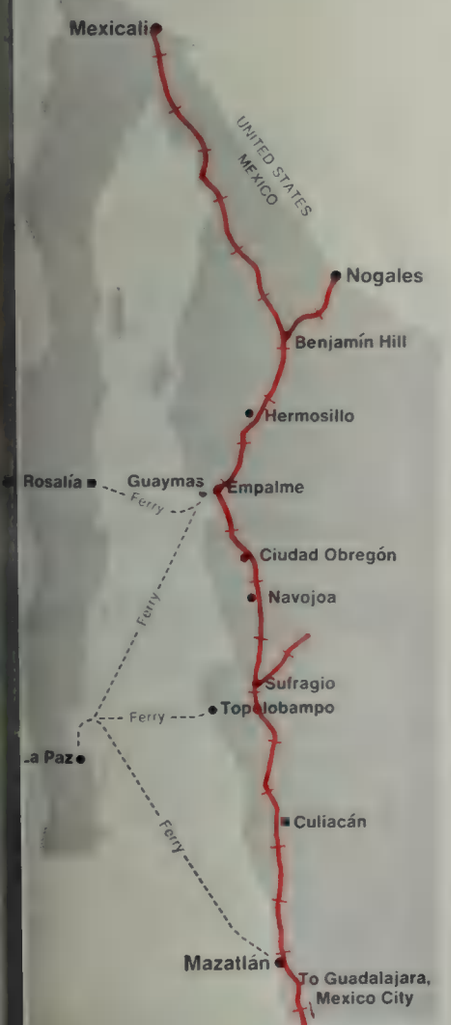

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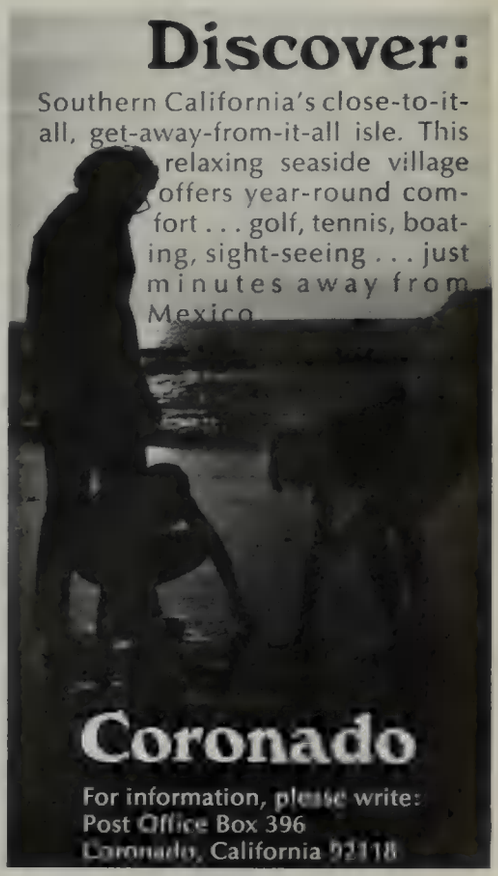

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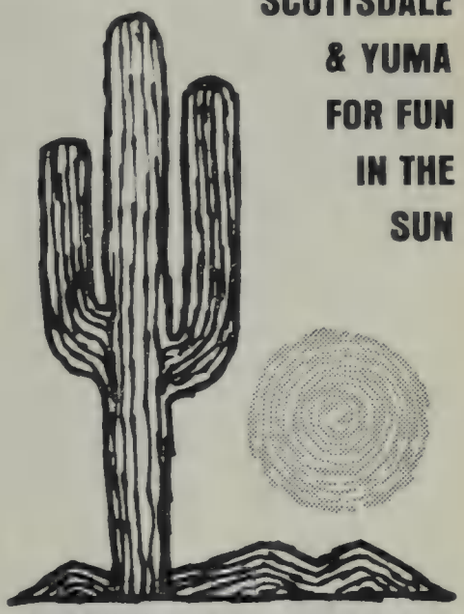

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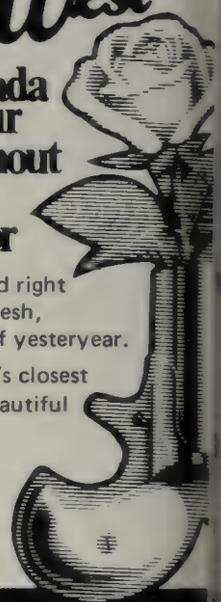

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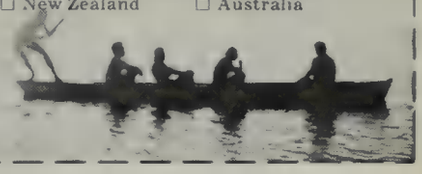

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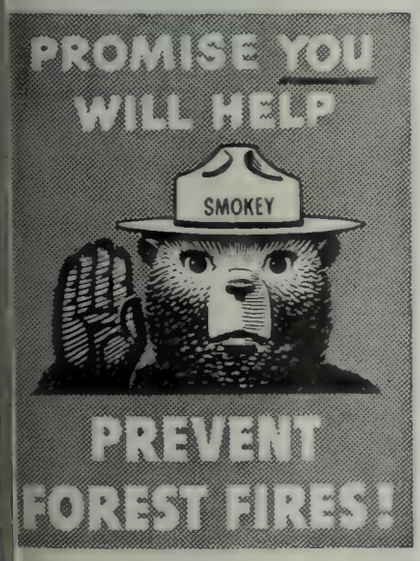

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the inn at otter cre

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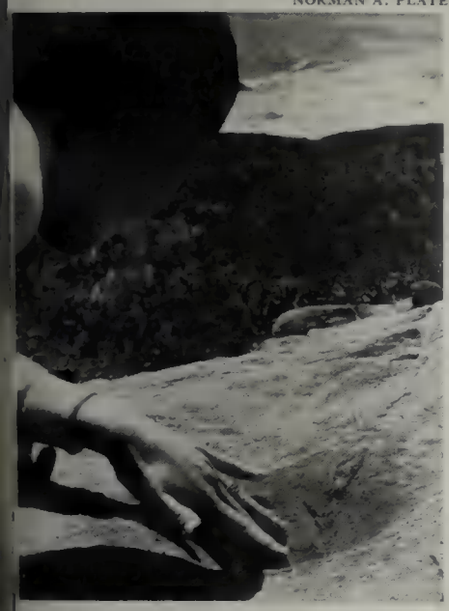
Whittler *adds wing detail to carving as young studio visitor watches*

NORMAN A. PLATE



ıe's dusting out *a Chumash Indian 'orn grinding bowl in rocks 'erlooking beach*

Nitwit Ridge *is extensive junk structure built into hillside. Builder is known ocally as "Doctor Tinkerpaws"*

Great *metal fish with stained-glass fins guards courtyard of gallery at north end of town as artist, left, talks with shoppers*

Cambria's rewards . . . driftwood, sea otters, metal fish, whittler's birds

It was Slabtown to the first cinnabar miners who came there; more decorous settlers soon urged a Spanish name, but were preempted by a Welshman who gave it the Roman name of his homeland: Cambria. Today, it's a pine-shaded byway and growing art center 33 miles northwest of San Luis Obispo, California, along State Highway 1.

Cambria's galleries are located toward the west end of Main Street, a 2½-mile road that winds northward from State 1 into a small, green valley before reapproaching the highway. Local artists are in residence at some galleries. Most are open daily except Mondays. The large Greystone Manor gallery is reached from the Pine Knolls intersection.

You can also visit the turreted Main Street studio of an expert whittler, and look into the original, French-made lens tower from nearby Piedras Blancas lighthouse, now sitting in town beside an old school and one-man jail. "Nitwit Ridge," a towering structure of concrete-imbedded relics, reaches up the hillside at the west end of town, but visitors aren't allowed inside.

Across State 1 from the western Cambria exit, County Road leads half a mile to a shady park and the beach. On top of a knoll at the south end of the beach you can find Indian grinding bowls depressed into the rock.

Moonstone Beach Road runs north along the ocean for 1¾ miles from County Road to State 1; there are several beaches along the road, and if you watch carefully you may see sea otters swimming in nearby kelp beds. They're protected from Cambria to Monterey, after having been hunted to near-extinction. □

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ELLEN KADELBURG

Man-made *geyser spurts continuously. Visitor walks carefully to avoid hot springs and steam fissures*

Mexico has a Yellowstone in miniature

A few years ago the Mexican gove ment tried to generate electricity by t ping subterranean steam near Ixtlán Hervores. After drilling for seve weeks, a geyser gushed forth that was strong it couldn't be stopped. It's b hissing and steaming ever since

The electrical project didn't work but the new man-made geyser, and springs and mud pots already there, main as a miniature Mexican version Yellowstone.

If you visit the warm and steamy a —located on the Guadalajara-Mor Highway, 19 miles north of Zamor you'll have to watch your step. Bath sized springs dot the landscape, much smaller ones are hidden am tree roots and rocks.

The women of Ixtlán de Hervores some of the larger springs for their l dry, and the hottest water can be for cooking eggs and vegetables. A homes in the village are built over s springs so the owners will always h hot water on hand.

Youngster *tests the mud's temperature. Some mud pots can scorch fingers*

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What gift could be more welcome to those sports lovers on your list than a year of Sports Illustrated...the gift that will go on giving them all the color and excitement of their favorite sports for a full 52 weeks.

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SPORTS ILLUSTRATED for Christmas.

The West's oldest apple orchard?

The three trees in the photograph at right are the last remnants of what may be the oldest apple orchard in the West. Tree-ring studies have established that each of the venerable fruit-bearers is more than 150 years old, and the orchard itself may be twice that age.

You'll find the site in the tiny New Mexican village of Manzano (the Spanish word for apple tree), about 50 miles southeast of Albuquerque on the way to Gran Quivira National Monument.

From Albuquerque follow Central Avenue (U.S. Highway 66) or Interstate 40 east for about 10 miles into Tijeras Canyon. At the old village site of Tijeras (now pretty much displaced by a large cement plant), a road sign announces the intersection of State Highway 14 and points south to Chilili and Manzano.

The old orchard is about 40 miles south of the freeway along the eastern edge of State Highway 14, about 50 yards south of the Manzano village church.

The orchard's exact age is uncertain, but there is a clue to its ancient origin in the fact that the village (established in 182[illegible] on the site of a much older pueblo) and the nearby mountain range both take their name from the old orchard.

Franciscan padres visited this area as early as 1581, possibly bringing the first apple seeds. A journal written in 163[illegible] makes specific reference to an established mission at the nearby village of Chilili. A large spring at the site of the pre-Manzano pueblo may have prompted its selection as one of the first orchards, but the padres and their loyal converts may not have been around to harvest many crops. Repeated raids by Apaches and Comanches caused most of these pueblos to be abandoned between 1669 and 1676.

When the abandoned village site was resettled in the 1800's, the new villagers found that some of the old apple trees had survived the long hiatus. New apple trees were planted and the orchards expanded, possibly from seedlings of the original trees.

We visited the three gnarled patriarchs of the old orchard late this summer and still found signs of life in their tangled branches. The younger trees in the old orchard are still producing a modest harvest, but there were no signs of fruit in the three old trees. The villagers told us that one of the ancient trio produced a few stunted fruit the year before, but this spring the sparsely-leafed branches bore no blossoms.

Beyond Manzano, State 14 continues south past the old pueblo and mission church of Quarai Ruins State Monument to the town of Mountainair.

JOHN V. YOUNG

Sow passes *beneath tangled branches of 150-year-old apple trees. Orchard site is 300 years old.*

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ist Church of Kealakekua, on the Big Island of Hawaii, was built in 1866.

Come see the great cathedrals of Hawaii.

Perhaps you've seen the cathedrals of rtres or Cordoba or Milan. They're umental, but then that's what Europe ere for.

Perhaps you didn't know you can see e remarkable churches in Hawaii as l. To be very frank with you, in terms rchitectural splendor, ours offer no con- . But if it's soul you're after, come to aii.

On the Big Island of Hawaii and on i and Kauai, you'll find interesting churches by the dozen. The best istian examples date from the early teenth century, when the missionaries ut to recreate their native New England ctures here in "Owhyhee." Despite grave shortages of skilled labor and appropriate materials, moral fiber won the day.

The men of the cloth left Hawaii a mixed bag of blessings. For example, the muumuu, which you will certainly see and may even wear on your visit here. It was originally designed to conceal the charms of our Island girls for the spiritual betterment of our Island boys. In point of fact, it does no such thing: humanity has yet to create a more provocative garment. Again, you'll see.

While you're here, you ought to get Hawaii's complete religious picture. So visit some of our beautiful Buddhist temples. Our Shinto shrines. Our tabernacles. You'll be warmly welcomed in any of them.

You should also see the place where King Kamehameha the Great was born. And where Captain Cook was killed. And Iolani Palace, the only royal palace in the entire United States.

To say nothing of our State Capitol. You may have seen pictures of this imaginative structure in magazine articles. It's even more dramatic in real life.

Ask your travel agent about air fares, steamship passage and hotel rates. They're all a lot less expensive than you may have thought. Same goes for tours. There's one for just the amount of time and money you want to spend.

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Hawaii

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Polara Custom

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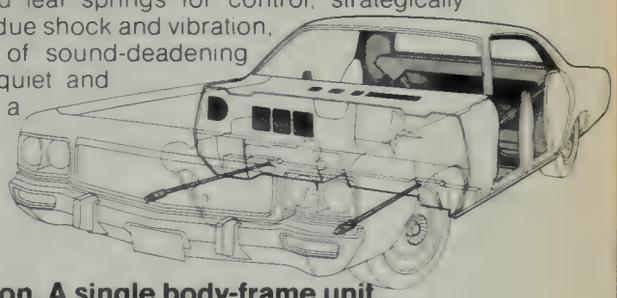
radical or controversial. The contours you see here enclose a passenger compartme
unusual spaciousness. They provide ample room for a family's belongings. And they do it cle
without excess bulk or ornamentation. This is functional styling with maturity. An attitude

Dodge.

Extra care in engineering makes a difference in Dodge...depend on it.

Chrysler engineering takes another step toward the creation of the trouble-free car. This year, the revolutionary **Electronic Ignition System** is standard on all Dodge North American-built cars. This highly advanced device replaces the electro-mechanical point and condenser setup. Instead, it uses a space-age reluctor and magnetic field to trigger the spark. The new system shrugs off cold weather, delivers up to 35 percent more starting voltage to each spark plug, eliminates annoying point and condenser replacement, and never needs retiming in normal use.

Torsion-Quiet Ride is a well-blended balance of comfort and control. If you were to name the three characteristics most important to you in a car's ride – stability, silence, and control would probably head your list. Torsion-Quiet Ride is the result of a 15-year quest by Chrysler engineers. It utilizes a combination of torsion bars and asymmetrically mounted leaf springs for control, strategically located rubber isolators to subdue shock and vibration, and a thorough application of sound-deadening materials to preserve your quiet and peace of mind. In picking a ride that suits you best, we believe one drive is worth a hundred opinions. After all, you're the one who's going to live with it.



Unibody construction. A single body-frame unit. One of the quickest ways to check the value of Unibody construction is to take a closer look at some other cars and compare them ... ours versus theirs. Rest assured, Unibody construction is not a static art. The basic structural concept of placing the strength around the passengers has been refined and improved throughout the years. We believe the 1973 Dodge products are the best way to combine the advantages of torsion-bar suspension with unitized construction.

Security Alarm System. If you purchase electric door locks, you may wish to include the new Security Alarm System. Once armed by locking the door with the key, this system responds to any attempt at forced entry by blowing the horn and flashing head-, tail- and side marker lights. This audio and visual alarm continues as long as the battery has power or until the owner resets the system with a key. In addition, the system may be activated by passengers inside the car merely by pushing a button.

Automatic speed control. People who have never tried this useful, safe accessory find it hard to understand why people who have it on their cars list it as one of their most valued accessories. All we can do is suggest you try it. Speed is easily adjusted with light fingertip pressure. The system deactivates the instant you touch the brake. A built-in memory will remember the speed you were going so you can quickly get back to it when the highway clears.

This year's big Dodge is the safest, most secure car Dodge ever built. It includes power steering, power front disc brakes, TorqueFlite automatic transmission, extra-protection bumpers, and a host of other advances as standard equipment. A trip to your nearby Dodge Dealer's will show you why, this year, the big Dodge deserves your serious consideration before you buy or lease any new car.

Dodge

On display at your Dodge Dealer's now.

Pack it in your pocket.

Travel light with the new Kodak pocket Instamatic 60 camera. It can do almost anything the big, bulky ones do. And some things they can't.

It has a built-in automatic exposure control for taking pictures indoors and out. Plus a superb f/2.7 Ektar lens. Even a coupled rangefinder for extra precise focusing. And it uses self-powered magicubes for flash.

The Pocket 60 takes the new little drop-in film cartridge. You get big, sharp 3½ x 4½-inch color prints. Or color slides.

To show these new small slides, there are new Kodak pocket Carousel projectors. (You can also get adapters to show them on any 2 x 2 projector.) These new Pocket projectors, in stylish black with wood-grain panels, are only a little over 8 inches square. And yet they take a full 120-slide tray.

See the Pocket 60 at your photo dealer's. It's less than $128. Kodak makes your pictures count.

New Kodak pocket Instamatic® 60 camera.

Kodak

Price subject to change without notice.

Twin-engine *plane passes historic lighthouse on rugged Makapuu Point*

Island to island by small plane

Island hopping in Hawaii is a bargain i you use the $9-per-stop "common fare that you're eligible for when you buy mainland-Hawaii round-trip ticket on domestic airline or Canadian Pacific Ai The rate applies only when you fly b tween islands on Aloha or Hawaiian Ai lines, the two local jet carriers.

But there's an inexpensive alternative your destination is too small to be serve by the jets. Several commuter airlin offer point-to-point travel on 5 to passenger airplanes, which give you th advantage of a relatively low altitu flight over the magnificent scenery— only a boat provides a closer look.

Fares are about the same as you wou pay on the larger inter-island carrier from Honolulu to Molokai, $15; Kahului, $19; to Kona, $23.

The oldest and largest of the commut air carriers is Royal Hawaiian Air Se vice—16 daily flights from Honolulu all major islands except Kauai. It's th only scheduled carrier to serve the r sort airstrips at Kaanapali on Maui ar at Kona Village on the Big Island.

Island Air flies very early and very la in the day out of Honolulu, landing all major islands. It's the only line th serves Kauai regularly.

Alii Air Hawaii flies daily from Hon lulu to Lanai, Molokai, Kalaupapa, ar Kahului airports.

The three carriers above also off charter service and tours.

Air Molokai, Hawaiian Air Tour Se vice, and Panorama Air Tour sell da long or shorter air-and-ground tou Air Molokai also flies the Honolul Molokai route daily.

New Ford Super Camper Special Pickup

Built to handle today's big bodies everywhere, on the Interstate and in the boondocks.

"Super" is more than just part of the name. This new Ford model has been completely engineered for 11- or 12-ft. camper bodies.

A new 140-inch wheelbase gives you excellent weight distribution. A standard 65-inch front track adds stability. Result: ride and handling improve impressively.

Twin-I-Beam front suspension means smoother travel no matter what the load or the road. Two forged steel axles give ruggedness... team up with big coil springs to ease each wheel over bumps independently.

New anti-sway bars are standard, front and rear, adding to the wide track stability. One winding road will convince you!

A new 9,500 lb. GVW rating ups body/load capacity to 4,675 lbs. On easy-riding, single rear tires.

A new spare tire mounting place, too! Your spare's always within easy reach... right behind an outside panel of the pickup body.

And super-cooling? Yes. Cruise-O-Matic with a new, heavy-duty transmission-oil cooler and extra cooling radiator is standard. Tackle long hot mountain grades with confidence.

And remember... this great new Super Camper pickup is only part of Ford's complete fun fleet. Everything from camper pickups to complete motor homes is available. Get the full story at your Ford Dealer's.

A better idea for safety: Buckle up.

FORD

FORD DIVISION

DOUG WIL

City lights *twinkle behind blackmouth fisherman on Seattle's Elliott Bay in dim light of cold early morning in November*

The blackmouth in Elliott Bay reward a hardy fisherman

You need stamina and enthusiasm to endure the cold, dark, and usually rainy mornings that almost invariably go with blackmouth fishing on Puget Sound. But avid fishermen rarely pass up a chance to set a hook in one of these prized winter-run salmon.

Blackmouth, so-named because of the dark coloration around their lower jaws, are immature chinook salmon, one to three years old and weighing up to 20 pounds, though usually less. They are most abundant in Puget Sound about the time of the first frost in November after more mature fish have come and gone. Good blackmouth fishing continues through early spring.

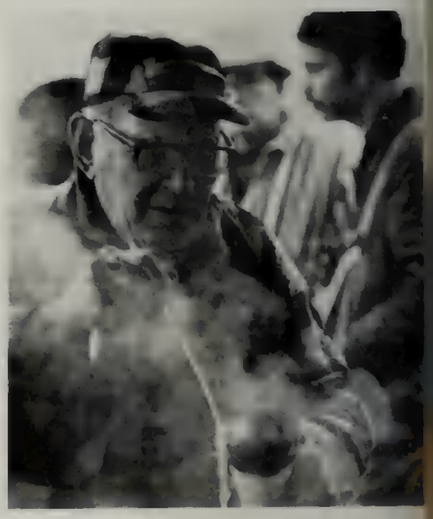
There's an abundance of good places to fish for blackmouth on the Sound, many of them relatively uncrowded, some virtually untouched. Usually the best fishing is in water from 50 to 120 feet deep, over abrupt changes in depth, and along irregularly contoured shorelines or off points of land. Use a U.S. Coast and Geodetic Survey chart to determine water depths. They're available at marine supply houses and map stores.

A favorite spot—and one of the most productive on the Sound—is Elliott Bay in Seattle. Scores of small boats cluster here in the gray light of a winter dawn waiting for blackmouth to strike.

You can rent a boat and motor (about $5 for the first hour, $2 an hour thereafter) at a boathouse on Harbor Avenue S.W. along Elliott Bay in West Seat

Most anglers prefer to "mooch" blackmouth. Turn off the motor and the boat drift with the wind and tide, lowing the bait to sink deep. Reel in line, or strip it in by hand in arm-lo lengths, so that the bait will move a stop, simulating the natural moveme of live fish. Good baits to use are wh herring, cut plugs, or triangular spinn cut from herring.

Fishing regulations prohibit keep blackmouth under 16 inches lo Copies of the regulations are availa at most sporting goods and hardw stores, or from the State Department Fisheries in Olympia. The agency a has an informative brochure listing pendable blackmouth fishing areas Puget Sound.



Cup of *hot soup is welcome after morning's fishing*

Blackmouth *salmon have dark color around jaws, weigh up to 20 pounds*

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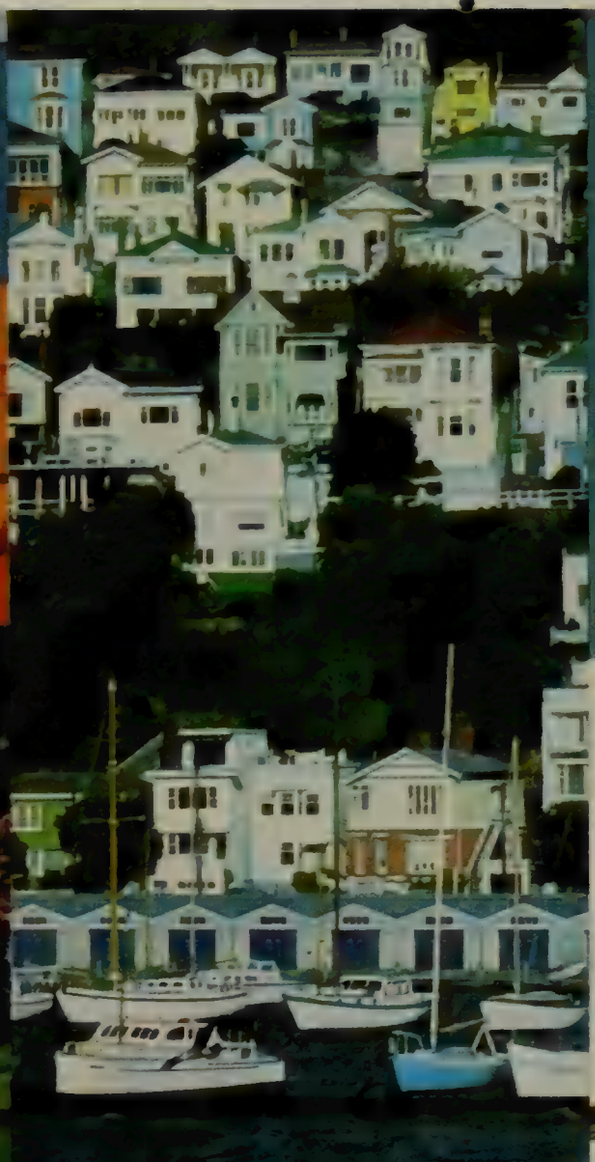

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From tram stop *o Hidden Peak you get this view west across proposed Lone Peak Wilderness Area. Skiers have choice of five downhill runs*

Aerial view *from tram shows skiers returning to resort over snow-covered bridge. Lodge, upper left background*

Visitors are often surprised to see how abruptly the Wasatch Mountains rise from the valley floor just east of Salt Lake City. These mountains get an average annual snowfall of 450 inches, and their winter sports season often begins as early as Thanksgiving.

A new resort, open less than a year, offers both skiers and nonskiers one of the most spectacular ways to see these mountains close up. Snowbird, 31 miles up Little Cottonwood Canyon, operates the new Snowbird tram pictured below. This tram is one of several ski lifts that together provide access to more than 26 miles of ski runs in this area. It gives you the best single view from the summit of 11,000-foot Hidden Peak.

Snowbird's tram is a "jig-back" cable lift: one car goes up as another comes down. Each glass-enclosed car holds about 130 passengers. Skiers pay $7.50 for an all-day lift ticket, but a single roundtrip is $3.50 for adults, $2 for children age 12 and under, and free for children under 5.

At Snowbird there are restaurant shops, ski rentals, and a lodge offerin overnight accommodations. It's wise t make reservations well in advance.

Snowbird's runs are primarily for exp rienced skiers, but less than a mile ea up the canyon is Alta, with a wide var ety of runs for low-intermediates an beginners as well as experts. Both are are noted for their excellent dee powder skiing.

Little Cottonwood Canyon is easi reached from downtown Salt Lake Cit Take Interstate 80 south to the I-80 Ea (Denver, Cheyenne) turnoff, drive ea to the Wasatch Boulevard turnoff, th follow the boulevard to the mouth of t canyon.

A shuttlebus service connects the reso areas, Salt Lake City airport, and maj downtown hotels. Cost is $4 one-w from the airport, $3 from downtow For schedules phone (801) 521-7060.

Swiss-designed *tram carries passengers 1½ miles to summit of 11,000-foot Hidden Peak*

FRANK JENS

A Snowbird view of Utah's Wasatch ski areas

Winnebago's 1973 D-18 Brave.

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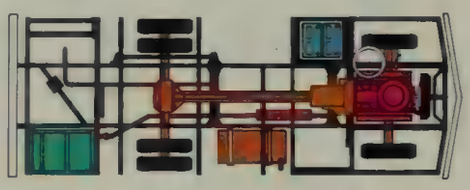

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vith a Princess.

Scandinavia in the Caribbean . . . cobbled squares, good shopping

Duty-free shops *line Christiansted arcades, offer import bargains plus $200 customs exemption for U.S. residents*

Quay tower, *once an old Danish windmill, overlooks small boat slip at Christiansted harbor*

NORMAN A. PLATE

Royal crest *recalls historic era when Government House was seat of government in Danish West Indies*

The U.S. Virgin Islands used to be called the Danish West Indies, and the city of Christiansted, the old colonial capital on the island of St. Croix, is still a bit of Denmark transplanted into the tropical garden setting of the Caribbean.

The United States bought the islands from the Danes in 1917, but the narrow streets, cobbled squares, and balconied houses of old Christiansted still retain the well scrubbed, fairy-tale qualities of the Copenhagen of Hans Christian Andersen.

Many of the major buildings in the heart of old Christiansted are now preserved by the National Park Service as Christiansted National Historic Site. You can pick up a self-guiding tour map of the six major structures within the historic site from Park Service headquarters in old Fort Christiansvaern, open from 8 A.M. until 4:30 P.M. everyday except Sunday.

The old fort, built mainly of yellow brick that came from Denmark as ballast in sailing ships, and Government House with its chandeliered elegance are both classic examples of Danish Colonial architecture.

Open-air cafes and waterfront bistros, tree-shaded parks and promenades, and the excellent quality of its international bazaars and duty-free shops make Christiansted one of the most delightful strolling and shopping destinations in the Caribbean. The bazaars of Christiansted, every bit as appealing as the often busier shops of St. Thomas, offer the $200 customs exemption to United States residents as do shops on all the

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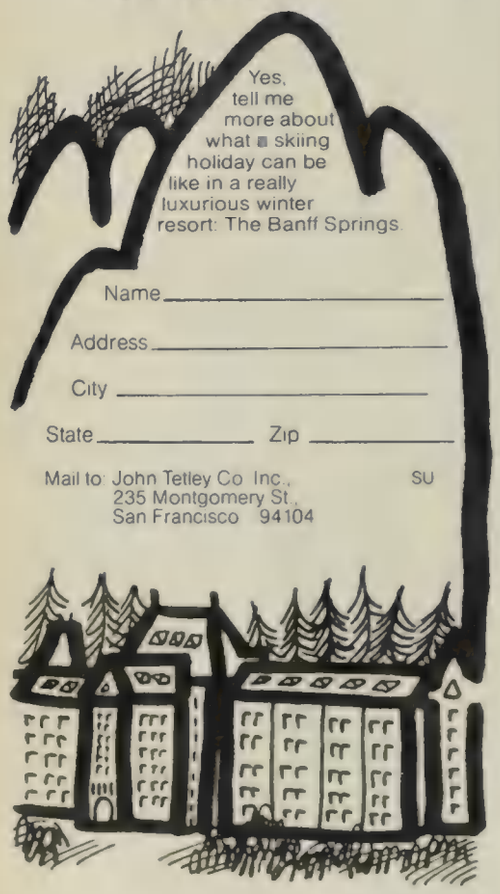

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To find out more about winter in the style to which you'd like to become accustomed, call your travel agent or just mail the coupon.

The Banff Springs Hotel

Banff, Alberta, Canada

CP Hotels

NORMAN A. PLATE

Royal Poinciana *shades courtyard at Fort Christiansvaern (above). Old cannons line fort's parapet (left)*

U.S. Virgin Islands.

Excellent accommodations are available in Christiansted at resort hotels in the very heart of town, or at one of the many island resorts only a short taxi ride away. Charter boats and swimming-and-snorkeling tours out to Buck Island Reef National Monument can be arranged at your hotel desk or at harbor offices of the many tour operators.

A few West Coast cruise ships call at Christiansted each year, but most visit Charlotte Amalie, the busy cruise port on the neighboring isle of St. Thomas.

Commuter-type air services between the two cities fly back and forth all day, a 30-minute jaunt on a twin-engine seaplane, known affectionately in the islands as the Goose.

When several big cruise ships reach St. Thomas on the same day and the shops of Charlotte Amalie get a bit hectic, the knowing shopper hops the Goose for the slower-paced bazaars of Christiansted.

Direct flights serve St. Croix from New York, Miami, and San Juan, Puerto Rico; and scheduled flights connect St. Croix with most Caribbean islands. For more information on Christiansted, consult a travel agent or write Virgin Island Information Center, 9553 Wilshire Blvd., Los Angeles 90024. □

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DOUG WILSON

Lava bridge *over chasm in Great Rift National Landmark leads to Crystal Ice Cave (right), where daggerlike formations hang from ceiling*

Over a lava bridge to an ice cave

Idaho's Great Rift National Land-ırk, about 30 miles from American lls, nature has chosen an unlikely spot r an icy cavern. Crystal Ice Cave—0 feet beneath the state's hottest des-—lies within the Great Rift, a huge ıck in the earth caused by an ancient lcanic eruption.

ıe physics that explain the cave's para-xical location work like this. Water ›m underground springs seeps through rous lava rock and is frozen in the ve during the winter. In the summer, rmer air on the desert above traps nter's cold air in the cave. When rming occurs, some ice melts and ab-bs the heat, keeping the temperature an even 32°.

e Great Rift is similar to famous vol-ıoes like Mount Rainier, but instead having a circular crater it extends proximately in a straight line for out 46 miles across the flat Snake ver Plain.

The rift has been explored to a depth of 800 feet, but geologists estimate that the giant fissure may penetrate to 50 miles. It was discovered more than a century ago, but its ice caves were not found until 1956. A geologist who explored the caves became fascinated by their beauty, and began a project that opened Crystal Cave to the public in 1965.

Now you can follow a 1,200-foot tunnel blasted through lava rock alongside the Great Rift to views of the striking ice formations within.

The cave is always cold. Bring a sweater and wear comfortable walking shoes.

The caves are open daily 7 A.M. to sunset, May 1 to November 1. To get there, drive north from American Falls 6 miles on State Highway 39 to the North Pleasant Valley Road. Turn left and follow the signs 22 miles to the cave.

Admission is $1.50 for adults and 75 cents for children 6 through 12. □

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At Furnace Creek in Death Valley the best season is just beginning

NORMAN A. PLATE

Aerial view *shows stark contrast between green oasis of inn's garden and surrounding desert*

The first visitors to Death Valley in 1849 were almost undoubtedly less impressed with the esthetics of the jagged mountains and sunbaked flats than they were with the problems of getting across. Heat, thirst, terrain, and lack of proper forage took their toll, especially among the animals that pulled their wagons.

Today, Death Valley National Monument is easily accessible to visitors. This month, as winter storms start to blow out of the Northwest, Death Valley with its warm, dry climate is an especially appealing destination.

And this month the annual Death Valley Encampment takes place—November 9 through 12 at Furnace Creek. Featured events include burro races, fiddling contests, and a Western art show.

For the first-time visitor to the valley, the best place to get oriented and to set up a base of operation is at Furnace Creek near the National Park Servic visitor center on State Highway 19 which runs through the center of th valley. There are four choices in accom modations: the 67-room Furnace Cree Inn, the 160-unit Furnace Creek Ranc motel, a trailer park, and campground

Built in the late 1920's by the Pacif Coast Borax Company, Furnace Cree Inn offers the oldest, and probably th most luxurious, lodging in the valle Tall date palms form a green oas around the adobe-walled buildings, ar Furnace Creek bubbles through a po tion of the garden.

From the hotel you can explore the de ert on foot or go out on horseback f $2.50 per person, per hour, with guic Or you can swim, play tennis, or golf holes near the ranch. Green fees are for inn or ranch guests, $6 for oth golfers; electric golf carts rent for $8.

Death Valley *visitors soak up sun around pool at Furnace Creek Inn, one of two lodging places at Furnace Creek in the heart of the valley*

trung out *single file, young riders stir up dust as they head across desert*

ates at the Furnace Creek Inn include ree meals a day and use of the facili- es. October through May base rates are 42 to $53 per day for two persons; uring holidays and from January 20 rough April 21, they are $44 to $60.

urnace Creek Ranch is a complex of ld-fashioned cabins and modern motel nits, which range in price from $14 to 26 a day for two persons. There are so about 60 spaces with complete ookups for camper vehicles. Daily rates t the trailer park are $4 for two persons lus 50 cents for each additional person. hree campgrounds at Furnace Creek, aintained by the National Park Ser- ice, have a combined total of 600 sites; inimum fee is $1 per night.

dvance reservations at the inn or ranch re highly recommended: Write to Fur- ace Creek Inn or Furnace Creek Ranch, eath Valley, Calif. 92328. Or to Fred Harvey Reservations, 8601 Lincoln Blvd., Los Angeles 90045, *or* (in the San Francisco area) 1380 Old Bayshore Highway, Burlingame, Calif. 94010.

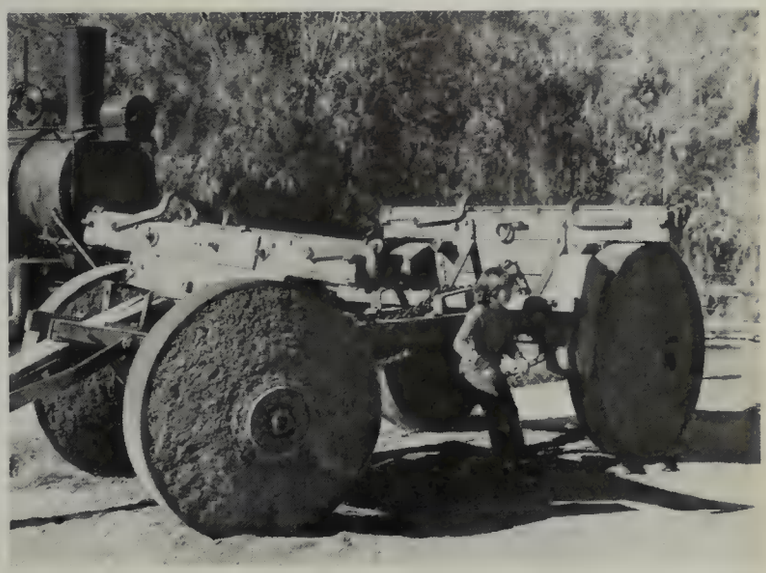
The National Park Service visitor center is open 8 A.M. to 9 P.M. November through April. Here you'll find maps and information on touring Death Valley, and exhibits explaining the geologic formation of the valley, its history (including the fascinating story of Death Valley Scotty's castle), and the plants and animals in the national monument.

The park service currently maintains a total of nine campgrounds in the monument, all marked on a map available at ranger stations and at the visitor center. Other accommodations in the monument —cabins, a restaurant, and service station—are at Stove Pipe Wells Village, northwest of Furnace Creek, near the park's west entrance. □

Pleasant place *to stroll: beneath date palms in the garden at Furnace Creek Inn*

Sure putt *by sun-hatted lady golfer sends ball toward 13th hole on the public course at Furnace Creek*

Solid wood *wheels banded with iron kept this timber-hauling wagon from sinking in the sand. It's on display at the Borax Museum near the ranch*



Compared with the industrialized Tokyo-to-Osaka heartland of Japan, the fa western island of Kyushu offers the vis itor a more rural, more relaxed expe rience. And it will give you a glimps of Japan as a country of more divers landscapes and climates than mos foreign visitors see.

Winter is not the best time for a trip t Japan, but it is a fine time for plannin one. The season of heavy Japanese an foreign travel begins in late March when the cherry blossoms appear, an extends through October with its fa colors.

That much Kyushu shares with the re of the country. But this island has warmer, even subtropical climate wher citrus grow. It also has mountains, run bling volcanoes, upland cattle ranges (rarity in Japan), several national park and its own miniature inland seas c bays and islands.

Kyushu's spa resort, Beppu, is celebrate throughout Japan.

Kyushu's westernmost big city, Naga saki, is considered exotic by the Japa nese. The foreign influence was felt ther hundreds of years before foreigners wer allowed to enter the rest of the empir (Except for the Peace Park memoria there is little reminder of atomic bom destruction.)

For travel on Kyushu, it's best to hav

Haven *of serenity overlooking Nagasaki, Sofukuji temple shuts out city's bustle beyond its walls*

Kimonos *stand out in afterno crowd dressed mostly Western styl in Suizenji Park, Kumamo*

In Kyushu you see a more rural and a more relaxed Japan

·avel agent make arrangements before ı leave home. Getting around is easy combinations of rail, tour bus, and ry; there is even an undersea road ł rail tunnel from the western tip of ınshu. You can also hire a car and ver, which is most economical if four ɔple travel together.

ıtels, often full during the spring to l season, are adequate, though rooms sometimes small. Dining rooms comently prepare Western-style meals. ɔanese-style inns (*ryokan*) are fun, but y are small and popular, so rooms ɔuld be reserved a long time ahead.

note about baggage: If you can, leave ıvy bags at a hotel in Tokyo or an-ıer main island city. It's advisable to vel light like the Japanese do because ·al Kyushu has few porters.

e airport gateways are at the island's rthernmost big city, Fukuoka, and goshima, the southernmost. They are h about an hour's flight from Tokyo. ing them permits a classic tour of the ınd: an S-shaped route from Fukuoka Nagasaki to Kumamoto, across the ınd by way of Mount Aso to Beppu, ın down the east coast to Kagoshima or the reverse. Stops are spaced so it's ssible to spend about half the day trav-ng and half the afternoon and the early morning sightseeing—though this schedule may be a bit strenuous.

Kyushu can be reached on a more scenic route by ferry through the Inland Sea from Osaka or Kobe to Beppu. The ship leaves in early morning and takes about 14 hours. You sail through swirling currents in channels and sounds, past pine-forested islets, between the big islands of Honshu, on the right, and Shikoku on the left. You pass fishing boats and small coastwise freighters in great numbers. Ships are clean and comfortable, the meals good.

To the arriving voyager, Beppu is a splash of light in the night and then a crush of people at the dock. In the morning, the city looks at first like some enormous factory spewing out steam from hillsides, gardens, cracks beside the road, out from under buildings. The steam signals the hot springs, the natural baths that are the reason for the town's existence. Baths are under nearly every hotel: hot, tepid, carbonated, iron, sulfur, plain. There are public hot-spring swimming pools and hot-spring heated sands on the beach.

Springs also create the "hells," where steam breaks through fissure and fumarole, through water, or through mud as great bloops. Many hells are landscaped as gardens. There are eight "great" hells and many lesser ones. All charge admission and you have a choice of bus or tourist-taxi tours of them.

Rain-soaked *monkey at Takasaki yama, near Beppu, enjoys magazine*

Pigeons *swarm in most park plazas; these are at East Park in Fukuoka*

Women *are maintenance crew at Obori Park, Fukuoka. Their work dress and hats contrast with modern sculptor's female image*

Beppu is tourist oriented, with tramways (called "ropeways" in Japan), amusement parks, a Family Land, a Utopia, a Motopia Land, and other commercial diversions. Two of them that appeal most to the foreign visitor are the Takasaki yama hill of wild monkeys and the aquarium just across the road from its entrance, both a few minutes south of town.

Beppu climbs a mountainside from the sea. The transisland highway also climbs it, upward into a sometimes dramatic region of peaks, conifer forest,

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Heroic *bronze of Buddhist Nichiren in East Park, Fukuoka, towers above visitors on walk around its base*

and open slopes, where azaleas creat swaths of pink in the spring. The roa travels over passes and grassland pla teaus that look like California.

Climax of the trip is a view out over great, cliff-ringed, flat plain, 15 mile long. Out of it rises the five-peake Mount Aso, a full-sized active volcan within an ancient collapsed crater—sai to be the largest caldera in the world.

The road drops to the farmland floor o the caldera, then climbs beyond the for est belt to the bare earth and twiste lava of the volcano top. Buses and car stop at a lodge at the shoulder of th peak. Then you ride the ropeway to th top, in big aerial tramway cars stuffe with people. The crater is steep and c classical shape, and it roars with a fur ous spurt of smoke and gases. Concret pillboxes are set a little back and belo the rim, in case rocks come blowing ou they are anything but reassuring.

Down once more and through a lon white-water river canyon, you emerg on the plain of the island's west coas and reach Kumamoto—a medium-size city, quiet by Tokyo standards.

One of its adornments is a splendid re constructed castle set on an eminenc that commands a view of the city an the sea beyond. The castle grounds ar a park. The buildings contain a museun and if you are energetic you can clim the tower. Another showplace is bi Suizenji Park, beautifully landscape

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"Alice's cedar-lined streets are an oasis for the Outback's stockmen and miners. And even though the Henley's insured *against* rain, there's no water shortage due to underground reserves. So when you come here, you'll stay in air-conditioned motels with swimming pools. See the Flying Doctor and School of the Air, Pitchi Ritchi Sanctuary and our Aboriginal art galleries. For dinner go to The Overland Steakhouse, owned by Dave Fisher and bartended by Tory, an ex-ringer. The Stuart Arms has dancing. There's usually folksinging somewhere. And if you're here May Day, there's the Bangtail Muster, a very western festival.

"Alice, however, is doomed to play second fiddle to geological formations. Go out to Ayers Rock, The Olgas, Ormiston Gorge, Standley Chasm, Simpson's Gap and King's Canyon. And on the way, you'll see ghost gums, kangaroos, wallabies and dingoes. Take the Did-jerri-doo, the daily mail run by small plane to cattle stations and missions. Connair's John Darmody'll fix you up. Or stay in log cabins, ride horses and throw boomerangs at Ross River cattle station.

"If you tire of the outback, drive to Adelaide for restaurants, theatres and shops. Just turn right and go down the road 1,050 miles. Or take the train, named The Ghan after the early Afghan camel drivers. By plane, the earth's red and wrinkled like a new baby. Or go to the Great Barrier Reef, the world's largest aquarium. Tasmania has history and apples. And Perth has miners and wildflowers.

"Me, I'll stay in Alice. I'm thinking of making the Henley international ever since Yale University expressed interest. Besides, where else can you get a martini and ten minutes later be on land where you can plant the first human footprint?"

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with a lake, a venerable garden that reproduces a section of the Honshu coast—including a miniature Fuji, an ancient tea house, and a Shinto shrine.

Beyond Kumamoto, the route reaches the sea, follows a precipitous coastline for a few miles, then sets off hopping five islands by way of the famous five bridges to the Amakusa Islands. On the next to last island is a cultivated-pearl farm, where the prices are better than in Tokyo. On the last is Misumi, port for the ferry across Ariake Bay. This 1¼-hour passage once again takes you past islets and picturesque water craft to the small town of Shimabara, which also has a castle nearby.

You cross the forested mountains of Unzen National Park on the way to Nagasaki, on the far side of a peninsula. These mountains are less imposing than those at the island's center, but the scene is alpine and brightened by maple leaf color in fall. The park has Japan's oldest golf course, skiing in winter, and a resort hotel cluster at a hot springs site, near its center.

A descent to the coast, a passage of scenic coastal hills, and then a descent through a long valley bring you to picturesque Nagasaki, a big city that clings to hillsides around its long harbor, 3 miles inland from the sea.

Many of Nagasaki's sights are foreign: the century-old Glover House, where Madam Butterfly might have lived; the Oura Church, a reminder that here was Christianity's first foothold in Japan; the monument to the Christian martyrs, a reminder that Christianity had to go underground for a long time. Another landmark is also foreign in influence: the marvelous old Sofukuji Temple, done in Chinese style.

The 2½-hour train ride to Fukuoka presents a view of rural Japan in sharp contrast to the mountain areas: mostly past farm fields, thatch-roofed farm houses, and small farm villages—over a surprisingly large amount of level land for this mountain island country.

Fukuoka is a big commercial and industrial center, not usually thought of as a tourist attraction. Nonetheless, you can find some agreeable sights among its parks: West Park for its view over the port, Obori Park for its lake and lawns backed by trees and the remnant of Fukuoka Castle walls, East Park for its giant bronze Nichiren statue. Some of its shrines are impressive, notably the ancient, monumental Hakozaki Hachiman shrine.

The main shopping street has roofed pedestrian malls and branches of the big Tokyo department stores. You can also shop for Hakata silks and the famed Hakata dolls, and sometimes visit the shop where they are made. □

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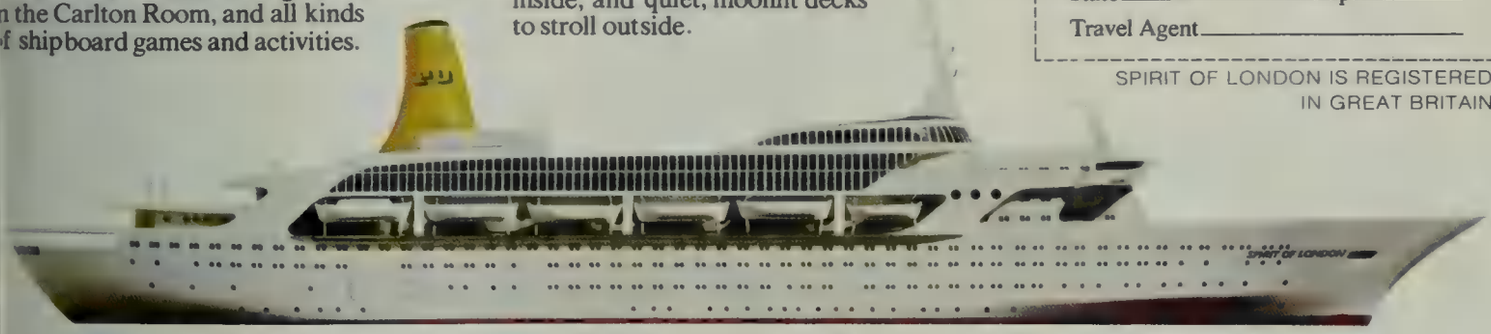


There's a new spirit at P&O
The British Cruise Line

Truck *rounds curve on cliff-hugging highway overlooking ocean*

Paia *cemetery includes weathered lava headstones with Japanese inscriptions*

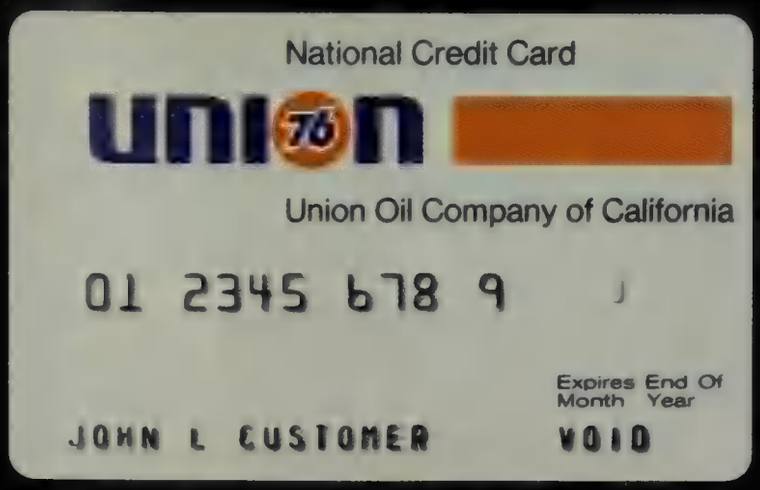
One of Hawaii's great drives . . . the road to Hana

Waves *crash around visitors sitting on dark lava shore of Keanae Peninsula*

One of the most memorable excursions in Hawaii is the short but demanding drive along Maui's State Highway 36 from the airport city of Kahului to the small ranching town of Hana at the eastern tip of the island.

It's just 50 miles, but the road quickly narrows to a single, twisting lane that works its way through and around the ravines and cliffs of the rugged north Maui coast. You can drive the road in [illegible] nonstop, but along [illegible] pause by peace-[illegible] swimming [illegible] walks, small parks, and [illegible]

[illegible] State 31 and remains paved for about 12 more miles to just beyond the spectacular Seven



The card

and how to get it

The card is useful for any motorist. It's good for products and services at more than 16,000 Union 76 stations from coast to coast. And it's easy to apply for. Just fill out this form, and send it to:

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union 76

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Apply today. We could really go places together.

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The girl who made the thousand-year-old airline a legend.
She is the girl with a thousand years' heritag
in the art of hospitality at her fingertip
She is the smile that lights u
a hundred times a day, and means it every tim
She is the young lady in kimono who know
as much about its history as how to wear
She is the one girl to make the grad
out of twenty who t
She is the Japan Air Lines hoste
She is our prid
And your jo
The thousand-year-old airline.
JAL
JAPAN AIR LINE

Swimmers *romp in surf at secluded black sand beach in Waianapanapa State Park*

Young *family pauses for lunch on porch of low-rent, utensil-equipped Waianapanapa cabin*

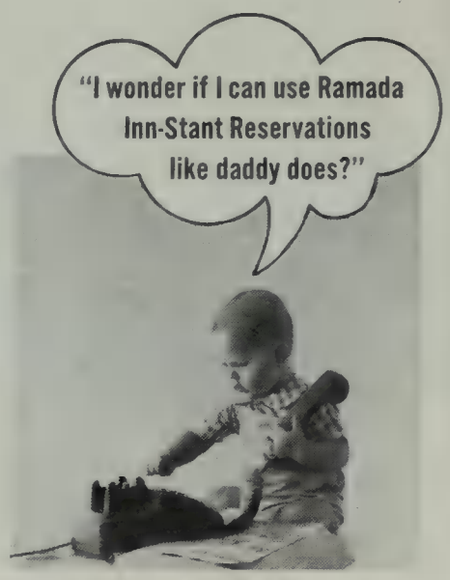
'ools section of Haleakala National 'ark (see page 40 of the January 1971 *'unset*).

'o get the most from your visit, you ıay want to stay overnight at a camp-round, or try one of the comfortable, tensil and linen-equipped cabins in a andanus forest at Waianapanapa State 'ark just outside Hana.

'ou can camp with a tent at Seven 'ools without an advance permit, but heck in with the ranger when you ar-ive. To tent-camp at Waianapanapa or t Kaumahine State Park (about 26 ıiles from Kahului), write or call in ad-ance for a permit from the State Parks ffice at 54 High St., Wailuku, Hawaii 6793. There's a seven-day camping mit, but no fee.

'ou'll need to reserve a Waianapanapa ıbin well in advance, at the same ad-ress. The rates range from $8 per night ɔr one person to $18 per night for six; ıe maximum cost for a family to stay ·ven nights is $70. A 50 per cent de-ɔsit is required, payable to the Depart-ıent of Land and Natural Resources.

our travel agent can tell you about ɔtel accommodations. □



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TOKYU HOTEL CHAIN
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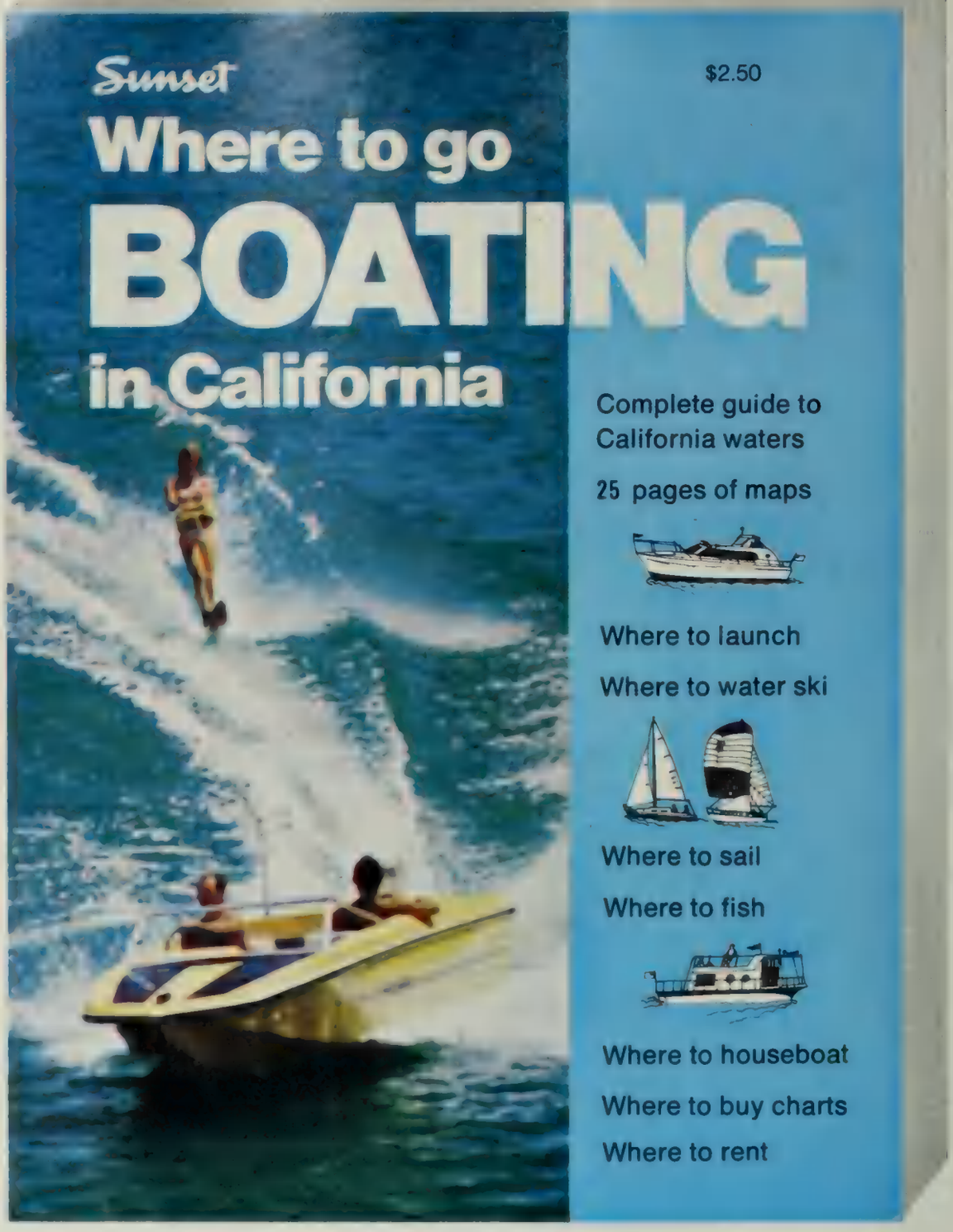
HEAD OFFICE: 6, 6-chome, Kouji-machi, Chiyoda-ku, Tokyo, Japan
Phone: (03) 264-4436
Telex: 232-2891



LOOKING FOR NEW BOATING WATERS?

You'll be surprised how many great places there are to take your boat in California.

This new publication shows more than 900, tells where they are, how to get there, where the boat ramps, marinas, and other facilities are.

It also provides special guides to water-skiing, fishing, houseboating, boat rentals, map sources, and boat repair facilities.

It's the most complete directory ever compiled for California boaters.

Look for it at California marinas, boat and sporting goods dealers, book stores, or send your check with this coupon.

BOATING Lane Magazine & Book Company, Menlo Park, California 94025

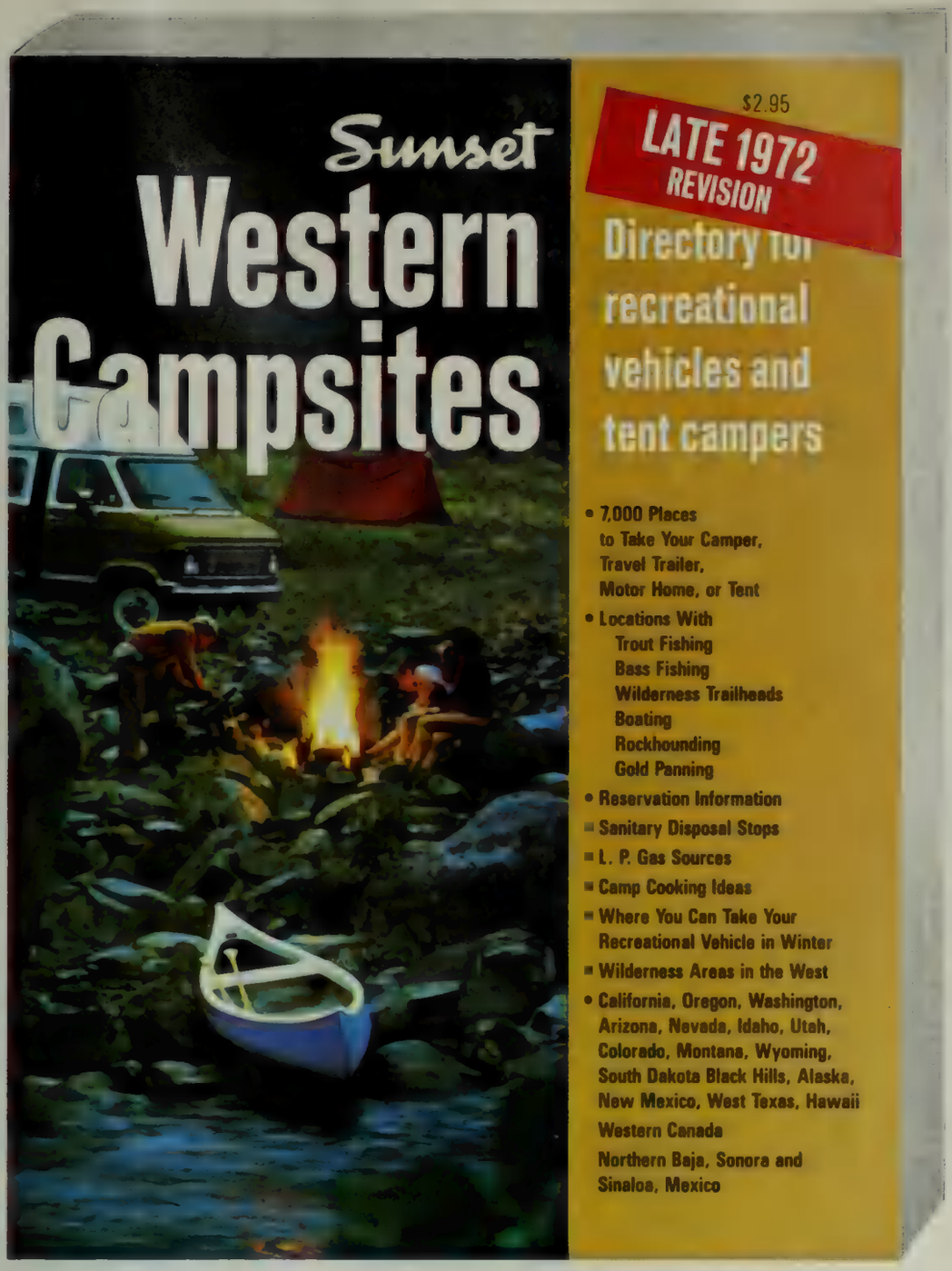
Please send me the 1972 SUNSET "Where to go Boating in California" directory. I enclose $2.50 plus 50¢ for handling and mailing.

Name _____

Address _____

City _____ State _____ Zip _____

(11.72



Details on 7,000 campgrounds and trailer parks in the West

Your Guide to the Endless Summer

this year you travel south with the sun in a trailer, camper, motor home, be sure you have *Sunset's Western ampsite Directory* (late '72 Revision) to help you decide here to go, and where to stop.

gives you a full report on inspected trailer parks and mpgrounds in the Sun Country — not only on this side of e border but as far south as Mazatlan: road directions, one numbers for making reservations, complete formation on hookups, fees, time limits, pets, nearby attractions, and much more.

For instance, it tells about 50 places in the Phoenix-Mesa area, 10 near Tucson, 19 near Yuma, 39 on the Colorado between Blythe and Boulder, 50 on southern California beaches, 15 on the Salton Sea, 41 in Palm Springs and the nearby desert, 13 near Ensenada, 4 at the Bahia Kino, 5 near Guaymas, 14 at Mazatlan.

Look for it at book stores, camping and travel supply dealers, or send check with coupon.

CAMPSITES—Lane Magazine & Book Company, Menlo Park, California 94025

ase send me the "Late 1972 Revision" *nset Western Campsite Directory*. I enclose 95 plus 55¢ for postage and handling— al $3.50

Name _____

Address _____

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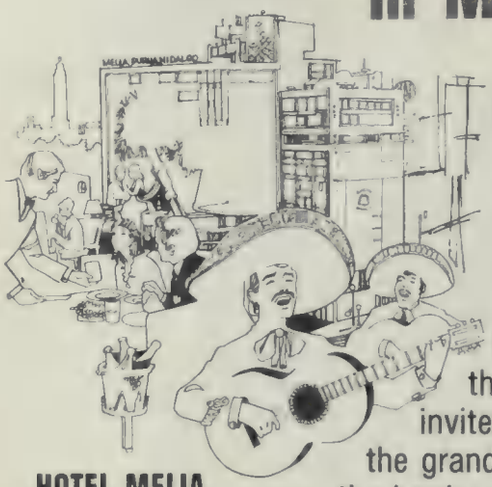
(11.72)

MELIA HOTELS of Spain now offer their traditional hospitality and service in MEXICO, too.



In the heart of swinging and fascinating Mexico City, stands this most modern Melia Hotel, the MELIA PURUA HIDALGO. In a refined and genteel social atmosphere, the traditional hospitality of the Melia Hotels of Spain invites the visitor to relax and enjoy the grand way of life, south of the border, down Mexico way...

HOTEL MELIA PURUA HIDALGO

250 beautifully appointed rooms and suites with private bath and TV, all airconditioned, gourmet restaurant, bars, Mexican and international cuisine, dining room, hairdresser, beauty parlor, banquet hall, etc.
Another great hotel in the famous chain of Melia Hotels of Spain.

In beautiful and picturesque San Jose Purua, famous for its mineral springs and health-restoring spas, surrounded by mountains and exquisite gardens, you find the HOTEL SPA MELIA SAN JOSE PURUA. Relax and enjoy the beauty and charm of life, south of the border, down Mexico way...

HOTEL SPA MELIA SAN JOSE PURUA

250 beautifully appointed rooms and suites with Mexican and international cuisine, restaurants, bars, night club, swimming pool, miniature golf, shops, beauty parlor, thermal baths, massage, movie theatre, sports, etc.
Another great hotel in the famous chain of Melia Hotels of Spain.

Melia Hotels

[illegible] **Ballard & Stevens**, 200 East 42nd Street, New York N. Y. 10017 Tel.: (212) [illegible] Chicago, Dallas, Fort Lauderdale, Miami, Toronto * or [illegible] Sunset Boulevard, Los Angeles, Calif. 90028, Tel.: (213) [illegible] Denver, Phoenix, Portland, San Francisco, Seattle, Berkeley, [illegible] San Jose, Santa Barbara, Vancouver * or **Melia Hotels**, [illegible] Mexico 1 D.F., Tel.: 546-86-82 * or **Melia Hotels**, Princesa, 25, Madrid [illegible] Tel. [illegible] Telex. 27333, ■ your nearest travel agent.

Oregon has a reindeer ranch

Zumstein's Reindeer Ranch in centra Oregon provides a rare opportunity t see reindeer in captivity. The owne claims it's the largest commercial rein deer ranch in the world.

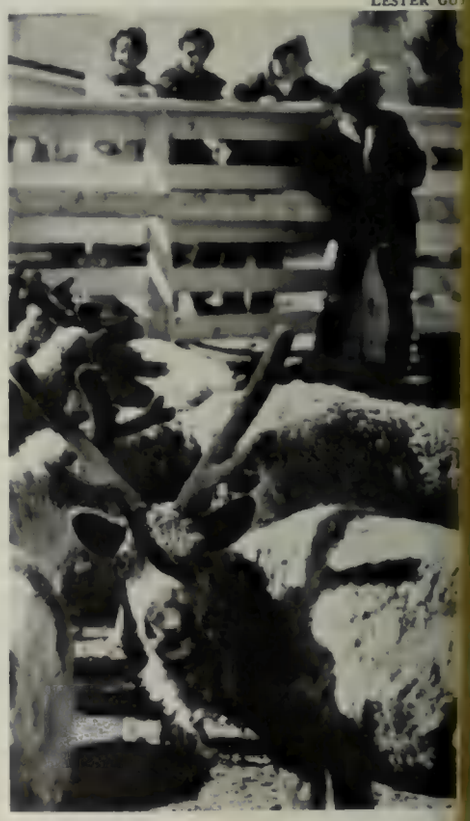
In feeding pens and pastures far fror their native arctic or subarctic home lands, these reindeer often behave a though they were still on the tundra They rarely stand still. And when the go to the creek to drink, they sometime strike at the water with their forehoo as if to break through ice, even when th temperature is over 100°.

Visitors to the 30-acre ranch can se more than 100 of these ungainly crea tures from their cars. But you can't g much closer to them than 10 or 20 yarc because they're so shy.

You'll note that both male and fema reindeer have antlers up to 4 feet wid although those of the male are large and more complex. Reindeer are abou the same size as deer. The compac dense coat is clove brown above an white below, with a white tail patc Ears and tail are short, and the thro has a mane.

The ranch is on State Highway 126, miles west of Redmond. It's open dai dawn to dusk; no admission charge.

LESTER GU



Reindeers' *small size and inelegance may surprise visitors to reindeer ranch*

Choose the "just right" gift, *Sunset* MAGAZINE, with its unique greeting card

It's a beautiful Christmas when your friends receive this ornament card announcing your thoughtful year-long gift of SUNSET Magazine.

JUST BEFORE CHRISTMAS the attractive card announces your gift of SUNSET. Then, every month for the next year, your friends will enjoy this delightful how-to-do-it guide for the West.

With SUNSET they will take special pride when their garden comes into bloom, when meals end with compliments, when vacations become real adventures, and when highly successful craft or building projects are completed.

And now you can save on one-year Western subscriptions—after the first gift at $4, additional gifts are only $3 each. Include your own subscription, too, at this money-saving price. But order now to assure prompt service.

While these Special Christmas Rates are in effect on one-year subscriptions, you get:

Single Western Gift — $4
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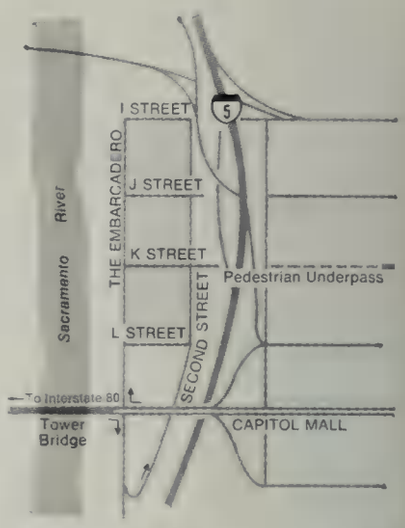
The Western rates apply only to subscriptions sent to addresses in Washington, Oregon, California, Arizona, Nevada, Idaho, Utah, Hawaii, and Alaska. All other addresses: $6 per year.

Send your order with payment today. Mail to: SUNSET Magazine, Menlo Park, California 94025

CECIL HELMS

Contrast shows *redevelopment process: New sunken restaurant with wood staircase and used brick patio adjoins cracked, sign-covered wall of hotel awaiting restoration. Rebuilt Big Four Building is in background*



Area is *reached by car from Capitol Mall, by foot through underpass*

Community action along the riverfront in Sacramento

Volunteers *[illegible]*

Gas lamps, *wood sidewalks in front of carefully restored Morse Building*

Old Sacramento, a 26-acre riverfront site containing many of the city's first buildings, is being restored to its former elegance after a century of decay. A stroll along its new wide board walkways will introduce you to a dramatic redevelopment project in action, one made possible by combined federal, state, and private resources—and some inventive citizen help.

The area is bounded by The Embarcadero and Second Street, and by I and L streets. You can reach it from the west end of Capitol Mall just before you get to the towered drawbridge over the Sacramento River. Or take a pedestrian underpass from the K Street shopping mall, where there's more parking.

New three-mantled gas lamps have been installed along Second Street, where the most extensive work is underway. Cars are banned, so you can walk along and compare the striking first restorations with adjoining buildings whose decline can be read in rotted timbers, jumbled bricks, and peeling layers of paint.

In some empty lots you can see subterranean brick arches from the original building fronts constructed before the earliest streets were raised above flood level. At I Street and The Embarcadero the Sacramento Junior League is sponsoring an archaeological search for the foundation of California's first theater.

The redevelopment includes plans for a new state park to contain a major railroad museum and other displays.

All new 1973 Chevy Pickups. Full of basic improvements you can see. And feel.

New flow-through ventilation provides a steady flow of outside air inside. A special plenum removes most of the dust and moisture.

New available camper options include Elimipitch camper steadying package and rear stabilizer bars. We think they'll help make a Chevy camper rig behave like you want it to.

New Load-Control rear suspension system features leaf springs and repositioned shock absorbers, one angled forward, one aft. Ride improvement is substantial.

When we conceived the all-new Chevy pickup, we concentrated on improving things we thought you'd consider most important.

We used a computer to design a new suspension system. Moved our massive Girder Beam front suspension forward to lengthen the wheelbase. Added Load-Control rear leaf springs. And we staggered the rear shocks. Result: a noticeably smoother, stable ride plus a dramatic improvement in handling.

Inside, we created your own private quiet zone. With extensive sound insulation throughout the cab. And more head, hip, leg and shoulder room.

'73 Chevy pickups: our most comfortable, best riding and handling ever.

Chevrolet **Building a better way to see the U.S.A.**

Remember where you were when your folks were ready to head home from the lake?

You were hard to find, but ɔr a very good reason. You didn't ant to leave. You'd had such a good me you didn't want it to end.

Today times have changed. *ut kids haven't.* They're just as hard ɔ pull away from a lake as you were. ecause they have just as much fun ıere as you did.

What's changed is that in lorthern California today it's a hole lot harder to find the friendly ke your parents found for you.

We've a way to make it a ttle easier, our country retreats. hey're based on the notion that fami-es today, like never before, have to et away to get together. They offer ıeir members all sorts of family-yle activities—golf, tennis, swim-ıing, boating, fishing, hiking.

But, more important, they fer today's family a place to es-ıpe to. A quiet, peaceful, natural lace, where time marches to your ıne and neighbors are friends.

We've four country retreats serving Northern California. The recreation facilities are in and lots of very nice people are making full use of them. All are within easy reach of your home.

Hidden Valley Lake is in Lake County, 25 miles above Calistoga. It's just 90 miles from the Golden Gate. But it's a world away from the pressures of the day.

Lake Wildwood is twelve miles west of Grass Valley in the California you read about in school, historic Nevada County.

Pine Mountain Lake nestles unobtrusively among the ageless pines of Tuolumne County, just 26 miles from Yosemite.

Incline Village sits in a vast natural amphitheater, along Lake Tahoe's wooded north shore.

The choice is yours.

The way to become part of one is to buy a home there. We offer 12 different leisure homes that are handsome, durable, economical and easy to buy. Their prices are fixed in advance—you know what you'll pay before the fact—and include the services of one of our representatives who handles all of the financing and construction details for you. They come as complete as you want them to.

The coupon below gets you the details on all 12 as well as booklets that describe each of our country retreats at length. Send it along today. You'll have your family retreat before you know it.

And before your family's too old to enjoy it.

Boise Cascade Home & Land Corporation
Equal Housing Opportunity

72 S 11

Boise Cascade Home & Land Corporation
Department T
P. O. Box 28
Palo Alto, CA 94302

Please send us details on your leisure homes and your booklets on the country retreats we checked on the map.

Name _____

Address _____

City _____

Zip _____

SCALE: ¼" Equals approximately 50 miles.

Movies without movie lights.

Four things Kodak did to make them possible:

Kodak has built four special features into the XL movie cameras that let in up to 6 times as much light as cameras without these features: **ONE.** An extra-fast *f*/1.2 Ektar lens. **TWO.** An enlarged shutter opening that lets in extra light. **THREE.** A special exposure control that doesn't block the light. **FOUR.** A viewing system that doesn't steal the light.

Just drop in a cartridge of high-speed Kodak Ektachrome 160 movie film and you're ready for movies without movie lights. This film is four times faster than Kodachrome II movie film.

See the Kodak XL movie cameras at your photo dealer's. From less than $120. The XL55 (shown) with power-zoom, is less than $215.

Kodak XL movie cameras. Ektachrome 160 movie film.

Kodak

Take your bike when you fly

In a survey of domestic airlines serving the West, we found that it's easy to bring a bicycle with you on a flight to a weekend or vacation destination.

Most airlines will accept a bicycle as part of the regular baggage allowance—two pieces of checked baggage. You can bring your bike to the check-in counter when you are ready to board your flight; a bike is an oversized piece of baggage, so it's a good idea to check in a little ahead of the usual time. Sometimes an excess baggage fee of $4 to $10 is charged, depending on your destination.

Before accepting your bike, airlines will ask that handlebars be loosened and fixed sideways, and that pedals be removed to minimize the space taken. Many require that fragile or expensive bicycles be boxed or protected in some other way from heavy pieces of luggage in the baggage compartment. It's usually a good precaution to wrap your bike for plane travel, even if your airline doesn't require it.

Packing it

Two airlines so far provide special packing for bikes. United Air Lines passengers can place their bikes in a bike box available free at ticket counters. American Airlines often has heavy-duty plastic sheets available for $2 for bike protection.

You can expect other air carriers to provide special packing devices in the months ahead, but in the meantime the passenger is expected to pack his own bike. Local bike shops often have cardboard bike-packing boxes available from recent shipments; you might want to obtain one of these.

Special folding bicycles are easy to carry by hand and fit neatly into most car trunks. But on airplanes they won't fit under your seat and should be boxed just like other bicycles and checked with the rest of your baggage.

When you make your airline reservation, the carrier can give you other specifics on taking a bicycle.

Or air freight

Even if you will be traveling on one of the few airlines that will not accept bicycles as regular checked baggage you can still box your bike and send it by more expensive air freight. The rate charged is on a sliding scale that is based on the weight of the package and destination.

Pinto Wagon is the basic wagon idea all over again: lots of space for little money.

When Ford pioneered the station wagon in 1929, we simply combined a durable, economical car with a lot of space in back.

That's exactly what we've done with the Pinto Wagon.

We've taken the durable, economical Pinto—and given it over 60 cubic feet of cargo space. (Vega Kammback and VW Squareback give you about 50.) The rear seat folds down, the lift gate swings up out of the way, the spare tire is stored under the floor to maximize cargo space.

Under the hood, you'll find a 2000cc overhead cam engine as standard equipment. Also a fully synchronized 4-speed transmission. (You can opt for automatic, of course.) Plus extra strength universal and ball joints, starter motor, rear wheel bearings.

Front disc brakes are standard on Pinto Wagon. Along with rack-and-pinion steering, a body that's welded into one solid piece of steel, and a rear suspension specially designed for load-carrying.

In short, the Pinto Wagon is ideal for people who want a basic economy car that carries more—or a wagon that costs less.

Shown here is the Pinto Wagon with Squire Option, optional whitewall tires, luggage rack, deluxe bumper group, automatic transmission.

Pinto Wagons for '73, at your Ford Dealer's. Better idea for safety... buckle up!

When you get back to basics, you get back to Ford.

FORD PINTO

FORD DIVISION

All 1973 cars must meet Federal Emissions Standards before sale. See your Ford Dealer for details.

NORMAN A. PLATE

Two cyclists *pedal their way south along the California Aqueduct service road*

This new California bikeway may grow to a 400-mile length

The first 67 miles of what may eventually become the longest bike trail in California opens October 28. It's a paved, level stretch of the service road alongside the California Aqueduct.

If this experiment by the California Department of Water Resources proves successful, the road may be opened to cyclists for the aqueduct's full 400-mile length to Southern California.

Dusted by gusty winds, the trail starts at Bethany Forebay near Tracy and ends —about five hours later for cyclists —at O'Neill Forebay near Los Banos. The tour passes vineyards and orchards, but during most of the trip the landscape is arid and rugged. Fall and spring are its best seasons.

There are rest areas with water, picnic tables, and toilets every 10 miles. No fences keep the straying cyclist out of the aqueduct; safety ladders are placed at frequent intervals.

Fishing, swimming, and camping are available at San Luis Reservoir, and the 134-mile round trip could easily require an overnight stay. You can begin about halfway down at Ingram Creek (from Interstate Highway 580 take the Westley exit to McCracken Road) for the nicest part of the ride.

You can get onto the bike trail at more than a dozen places where roads cross the aqueduct. The main access points at trail's beginning and end and Ingram Creek offer car parking. Access gates are open during daylight hours. □

The

Simple cabin or big rambling house... The Sea Ranch "makes a week-end seem like a whole week's vacation."

The Sea Ranch can be a great tonic when you're tired. There are quiet beaches to stroll, miles of bridle trails to ride, swimming pools, tennis courts—and so many choice picnic spots you'll have trouble choosing.

On the other hand, if your idea of recuperating from a rough week is just sitting under a tree, here is where you can do it with minimum interference.

Remember, too, The Sea Ranch is only 105 miles away from San Francisco—an easy and relaxing drive. Getting here is no hassle.

Isn't it time to start stretching your week-ends with a Sea Ranch country home? Why not send the coupon now for more information.

Sea Ranch Life

veral Sea Ranch residents have built rsions of this big "barn" house. Note exposed beam construction and the tural wood interior. There is plenty of ace here for a fast game of ping pong, game of cards around a friendly fire, or a snooze in a quiet study-loft tucked away under the eaves. Sea Ranch houses have spawned dozens of new ideas in country living; they consistently win major architectural awards.

A unique Sea Ranch conservation program is restoring the delicate balance of nature, upset during the area's use for sheep ranching. Oceanic Properties has reseeded the meadows with wildflowers, even reseeded natural grasses along the roadsides after road construction.

Here are the new cluster homes, located at the edge of The Sea Ranch Forest. These handsome cedar-shingled dwellings are available in a number of different plans.

Chopin in the stable? It's a Sea Ranch tradition. Come summer, informal Haybale Concerts in The Sea Ranch stable feature such noted concert artists as Gunnar Johansen. Jazz groups, folk artists and others often appear in The Sea Ranch Lodge.

The Sea Ranch
P.O. Box Number One
The Sea Ranch, California 95497

Please furnish me more information on The Sea Ranch, including complete details on the recreational facilities.

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____

The Sea Ranch is developed by Oceanic Properties, Inc., a subsidiary of Castle & Cooke, Inc.

SS-33

The great American dream machine is now for rent.

It's here! Rent-A-Way Winnebago. The new concept in travel pleasure from the world's largest manufacturer of motor homes.

Get away from it all! For a week. For a weekend. For a hundred different reasons. To the mountains. To the sea. To all those places you've dreamed about.

We'll tell you how. Call this toll-free number in your area . . . 800/247-2121.
(In Iowa, phone 1-800-362-1666 . . . ask for Mrs. Morgan)

RENT-A-WAY
WINNEBAGO

More and more cruise choices

Cruise ship companies have greatly ex panded their services from West Coas ports, and this winter it's easier to find vacation cruise with an itinerary and de parture date to fit your schedule. Mex ico, the Caribbean, South America, th Orient, Hawaii, and the South Pacifi are some of the appealing, warm weather destinations.

Below is a list of self-contained cruise from West Coast ports during the nex five months. Or if your vacation time i limited, you can investigate the man sea-air packages (one-way cruises) c short duration party cruises available. travel agent can give you detailed ir formation on fares, itineraries, an cruise options for sea-air packages a well as advice about these self-containe cruises (be sure to check departu dates):

Hawaii. Itineraries include visits t Honolulu, Hilo, Lahaina, and Nawiliwil

Pacific Far East Line: 18-day cruis aboard the *S.S. Mariposa* or *S.S. Mor terey* depart San Francisco and Los A geles October 15, December 18, an March 21. Fares from $1,170.

Princess Cruises: 17-day cruises fro San Francisco and Los Angeles aboa the *M.V. Princess Italia* or *M.S. Isla Princess* depart October 10 and Decem ber 18. Prices from $795 and $880.

Mexico. Ports of call: Cabo San Luca Mazatlán, Manzanillo, Puerto Vallart Zihuatanejo, Acapulco.

P & O Lines: 10 and 11-day cruis aboard the *Spirit of London* depart L Angeles January 17, 27; February 7, 1 28; and March 17, 28. Prices from $41

Princess Cruises: All departures fro Los Angeles with some sailings from S Diego. An 11-day cruise aboard the *M Princess Italia* departs October 3 priced from $450. A 12-day crui aboard the *M.S. Island Princess* sa March 9, priced from $600. Fourtee day cruises aboard the *M.V. Princ Italia* and *M.S. Island Princess* dep November 17, December 15, 29; Jar ary 12, 26; February 9, 23; March Fares from $575 and $700.

Royal Viking Line: A 15-day cruise parts San Francisco and Los Ange aboard the *M.S. Royal Viking Star* D cember 19 Minimum fare $1,023.

Sitmar Cruises: All departures from L Angeles. A 7-day cruise aboard *T.S.S. Fairsea* sails November 17, priced from $295. Eleven-day crui

United's Hawaiian Fleet.

We give you more 747's to Hawaii than anyone.

And why not?

They're the best there is. And 've been giving our best to Hawaii 25 years.

That's why our 747 is unlike any ier. With 3 Island-flavored inges. Not two. Or even one. Each h enough room and atmosphere a luau.

And of course, there's free ampagne and wine in Coach as ll as First Class. Along with Premium Liquor Service that even includes spirits from the Islands. (Cocktails $1.00 in Coach.) So you can sip on a Mai Tai while you dine, watch a movie or daydream in stereo.

Or talk over your trip with one of our Hawaiian Stewards. He knows the best places in Hawaii. It's his home state.

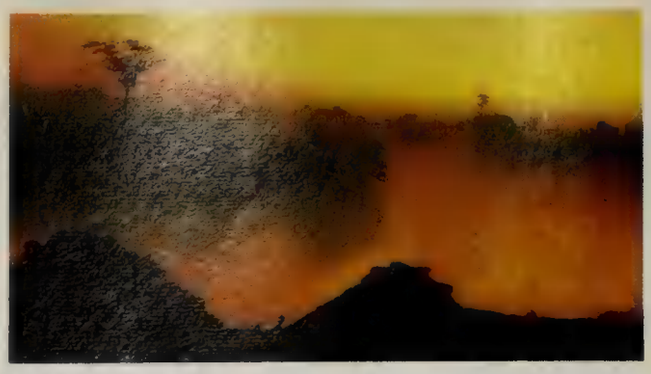
Rent a Hertz Special from the air. 7 days for the price of 6 when you show your United ticket. That's $72 to drive Oahu, Kaui, Maui, the Big Island for a week in a standard Pinto or similar car. Unlimited mileage. Ask our Friend Ship Service Director to make reservations for you. He's another part of what no one else can give you. Friend Ship Service.

Call your Travel Agent or United. And get aboard our 747 Friend Ship to Hawaii. You'll find out why we and Hawaii have been together for 25 years.

Fly the friendly skies of United.

Your land is our land.

tners in Travel with Western International Hotels



HERE IS WHERE COLOR WAS BORN... Guatemala!

Color first came to Guatemala from the land. From its volcanoes. And its jungles. From the depths of Lake Atitlan itself. Some came from the skies. And some from the sunsets and sunrises. Then came the Maya. They took this color into their culture. Into their clothes and jewelry. And they built a civilization that is still one of the wonders of this planet. Then came Spain with pomp and circumstance and with it the cathedrals and churches. Baroque and beautiful. It's all there. Right now. Waiting for you. Don't lose your moment in history. *For a beautiful color brochure write:*

GUATEMALA
TOURIST COMMISSION
[illegible] SAN FRANCISCO
[illegible]
[illegible] LAUDERDALE
[illegible]
6A AVENUE [illegible] GUATEMALA
CITY, GUATEMALA CENTRAL AMERICA

SU-11/2

NAME

ADDRESS

CITY

STATE ZIP

aboard the *T.S.S. Fairwind* and *T.S.S Fairsea* depart October 10, 21; November 1, December 18, January 11, 22 February 26, and March 22. Fares from $415 and $595. Twelve-day cruises aboard the *T.S.S. Fairwind* and *T.S.S Fairsea* depart November 24, December 6, 29; February 2, 14; and March 9 Fares from $470 and $660.

Orient. Yokohama, Keelung, Hong Kong, Manila, Kobe, Pusan, Nagoya and Honolulu are typical Orient port of call.

American President Lines: 43-day cruises aboard the *S.S. President Cleveland* or *S.S. President Wilson* depart San Francisco and Los Angeles October 11 November 19 and 28. Minimum fare $2,150.

Orient Overseas Line: The two-month cruises listed here depart San Francisco or Los Angeles. Departures October 8 25, 29; November 18, 19, 21; December 7, 30; February 9, 18, 25; March 20, 21 prices from $1,107 and $1,156. The *S.S. Oriental Amiga* and the *S.S. Oriental Fantasia* depart Los Angeles January 1 and February 8, and are priced from $1,836.

South Pacific. Cruises to the South Pacific include stops at Honolulu, Moorea Papeete, Rarotonga, Auckland, Bay of Islands, Sydney, Suva, Niuafoo, and Pago Pago.

Pacific Far East Line: 43-day cruises aboard the *S.S. Monterey* or the *S.S. Mariposa* sail from San Francisco and Los Angeles November 3, December January 6, 23; and February 20. Minimum fare $1,930.

Royal Viking Line: A 46-day cruise leaves Los Angeles and San Francisco aboard the *M.S. Royal Viking Star* January 2. Minimum fare $3,316.

Pacific cruises. These combine the destinations of Orient and South Pacific cruises, and include visits to Tahiti Auckland, Sydney, Manila, Hong Kong Kobe, and Honolulu.

German Atlantic Line: A 60-day cruise leaves San Francisco and Los Angeles aboard the *T.S. Hamburg* March 3 Minimum fare $3,445.

P & O Lines: A 58-day cruise aboard the *S.S. Oronsay* departs Los Angeles San Francisco, and Vancouver March 19. Minimum fare $1,950.

Royal Viking Line: A 66-day cruise from Los Angeles and San Francisco aboard the *M.S. Royal Viking Star* departs February 18. Minimum fare $4,786.

Caribbean. Ports of call usually include Acapulco, Cristobal, Cartagena, Curaçao, San Juan, St. Thomas, La Guaira

German Atlantic Line: A 30-day cruise aboard the *T.S. Hamburg* departs from San Francisco and Los Angeles Janu

© 1971 THE PARKER PEN COMPANY, JANESVILLE, WISCONSIN, U.S.A.

They said we'd lose our shirt.

Our pen designers gave us a thin smile and said: "You want us to design the slimmest pen Parker's ever made?"

"Correct," we said, "But only on the outside. Leave lots of room for ink."

"You mean you want it to write a long time?"

"Several times longer than the ordinary ballpoint. Months longer per cartridge, at least."

"You want it to have a 22K gold electroplate case?"

"Of course."

"But not to weigh more than an ounce—*one ounce?*"

"One beautifully balanced ounce," we said evenly. They sighed deeply, and continued to peruse the list.

"You want the pen to start writing instantly. You say you don't want the ball to slip or skip."

"Microscopic texturizing should do it," we ventured.

"And you want a choice of *five* point sizes?"

"For different kinds of writing," we said. "Broad, Medium, Fine, Extra-fine and Extra-extra-fine."

"No one's been able to design a pen like that!" they said. "Let alone guarantee it!"

"*We* can," we said. "And we'll guarantee it against defects for the owner's lifetime. Or we'll repair or replace it—free."

"A pen like that would cost a fortune!"

"$8.50," we said.

The designers walked away in a bit of a daze. "You're gonna lose your shirt," they mumbled. "You're gonna lose your shirt."

But they made it. The Parker 75 Classic Ball Pen. And we sell it for $8.50.

So give it to someone who really matters. Someone to whom you'd give the shirt off your back. After all, it's our shirt!

PARKER

Maker of the world's most wanted pens

The Parker 75 Classic Ball Pen in 22K gold electroplate is $8.50. With matching Cartridge Pencil, $17.00. A memorable gift for personal or business friends. Other fine Parker pens to own or give, from the $1.98 Jotter Ball Pen to the $150 Parker 75 Presidential Pen.

Carve a christie down the side of Oregon.

Race down the face of a virgin snowfield. Swoosh down a slope of deep powder. There's only one word to describe skiing like this.

[illegible]

[illegible] Grab your skis and head for [illegible] the family. Have a [illegible] of 17 ski areas. [illegible] right now and then [illegible] slopes, fastest lifts, and the [illegible] in the West.

In Oregon.

MAIL COUPON OR WRITE TODAY

Travel Information, Room 1262
State Highway Division, Salem, Oregon 97310
Sirs: I'm ready. Send me your ski folder.

Name _____

Address _____

City _____

State _____ Zip _____

OREGON has it

24 and February 25. Minimum fare $1,720.

Princess Cruises; A 34-day cruise aboard the *M.S. Island Princess* departs San Francisco and Los Angeles January 4. Minimum fare $1,615.

Royal Viking Line: A 32-day cruise aboard the *M.S. Royal Viking Star* departs Los Angeles and San Francisco November 10. Fares from $2,322.

Sitmar Cruises: 35-day cruises aboard the *T.S.S. Fairsea* and *T.S.S. Fairwind* depart Los Angeles October 13, November 17, December 22, January 26, and March 2. Fares from $1,735.

South America. Cruises to South America can include visits to the Panama Canal, Caracas, Rio de Janeiro, Buenos Aires, Valparaiso, and Guayaquil.

Princess Cruises: A 43-day cruise aboard the *M.V. Princess Italia* departs Los Angeles February 13. Minimum fare $2,010.

Prudential-Grace Line: 55-day cruise aboard the *S.S. Santa Maria, S.S. Santa Mercedes,* or *S.S. Santa Mariana* depart Los Angeles October 3, 26; November 18, December 12, January 4, 27; February 20, and March 15. Minimum fare $2,970.

Around-the-world. World cruises usually include stops at Acapulco, Rio de Janeiro, Buenos Aires, Cape Town, Durban, Lourenco Marques, Singapore, Hong Kong, Keelung, Yokohama, Sydney, and Honolulu.

American President Line: A 95-day cruise aboard the *S.S. President Wilson* leaves San Francisco and Los Angeles January 4. Minimum fare is $3,235.

Orient Overseas Line: A four-month cruise aboard the *M.V. Oriental Rio* departs Los Angeles November 30 and is priced from $2,700. Four-month cruises aboard the *M.V. Oriental Carnaval* and *M.V. Oriental Esmeralda* depart Los Angeles December 14 and 27 and are priced from $3,100.

Party cruises. Coastal cruises will interest those with only a few days to spend.

P & O Lines: A 4-day cruise aboard the *Spirit of London* departs Los Angeles March 10 and is priced from $210.

Princess Cruises: 3-night cruises aboard the *M.V. Princess Italia* leave Los Angeles October 3, 6, 27; December [illegible]. Fares from $125. A 4-night cruise departs March 29, is priced from $165.

Prudential-Grace Lines: 12-day cruises from Los Angeles depart October [illegible], November 4, 28; December 20, January 13, February 6, and March 1, 24. Fares from $455. San Francisco departures four days later. Fares from $295.

Royal Viking Line: A 4-day cruise aboard the *M.S. Royal Viking Star* departs San Francisco December 14, priced from $284.

Built to be seen. Not heard.

Take a good look at the new Satellite Sebring-Plus. We've restyled it to give it a look we think a lot of people are going to like.

But that's only the beginning. Here's the inside story.

You know all those irritating little noises your car makes when you drive down the highway? Like windwhistle. Tire noise. Traffic sounds.

Well, we've built a car to quiet those noises. This transparent car has colored areas showing where we placed sound silencers in the new Sebring-Plus. We've added special door and window seals, for example.

And things like floor silencers and roof pads to keep the street noises outside the car.

It all means that the Sebring-Plus will be a quieter car than ever before. "Super-Quiet" we call it.

If Satellite sounds like your kind of car, stop at your Chrysler-Plymouth dealer's. Take a good look at our new Satellite.

Drive it, listen to the quiet, experience the new ride and the way it handles. Then decide. We don't think there's a better choice in a mid-size car.

Mid-size Plymouth Satellite

Extra care in engineering... it makes a difference.

CHRYSLER
Plymouth

The first thing you see in the morning shouldn't be an ugly face.

Maybe opening your eyes at 7:15 A.M. wouldn't be so hard, if you had something beautiful to look at. Like Panasonic's RC-7462. An FM/AM digital clock radio that looks so good, you may not want to get out of bed.

But once you get your eyes open, you'll have no problem reading the time. Because the "black-light" illumination makes each number sharp and clear. But not so bright that you feel you've got a night-light staring at you.

This beauty is also as easy on your ears as it is on your eyes. It can wake you up in a lot of different ways. Even to the sounds of birds. With Panasonic's "Chirp" alarm. Or if you need a little more noise to stir you. Set it for AM. Or FM. Get up to rock. Or Rachmaninoff. And there's even a doze button. For people who can't get out of bed in the morning. Without an extra ten minutes sleep.

Sometimes closing your eyes at night is just as hard as prying them open in the morning. So we've given you a 60-minute lullaby-yourself-to-sleep timer. After you've dozed off. The music shuts off. Automatically.

So when it comes to waking you up, or putting you to sleep, Panasonic has dreamed up more different ways than you might imagine. In many different digital clock radios. There are some that swivel. A battery-operated digital to take to the woods. Colorful beauties in avocado, tangerine, or black. To fit into any decor. There's even a calendar model. It shows you the day and the date. As well as the time.

So before this day ends, visit your Panasonic dealer. And you can start tomorrow seeing a beautiful face. Even before you get to the mirror.

Panasonic

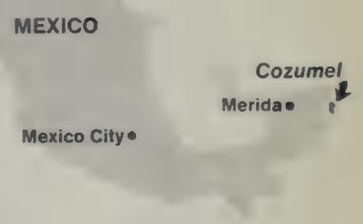
just slightly ahead of our tim

Converted *fishing boat takes snorkelers and divers to San Francisco beach*

Snorkeler finds *empty conch shell off sandy Cozumel beach in Caribbean Sea*

Mexican *scuba diver releases small turtle he caught on this reef*

At Cozumel, underwater adventure in the clearest water



he tropical island of Cozumel, set in e Caribbean Sea just off the coast of lexico's Yucatan Peninsula, is a wel- ome change from the usual Caribbean land experience. The pace is slower. 's quieter. And you won't find the egree of commercialism common to e better-known resort islands.

ozumel's chief attractions are miles of ean, white sandy beaches easily acces- ole by bicycle, boat, or car and the arm waters along the southwest portion the coast—said to be some of the earest ocean in the world.

orkelers and scuba divers will par- ularly appreciate the 200 to 300-foot sibility (30 feet is average along Cali- rnia's coast). With just a mask and orkel, you can easily explore numer- s shallow reefs just off the beaches and watch hundreds of different vari-colored tropical fish feeding among the corals.

Porpoise and large groupers often come in close to shore, and you may find a sea turtle along the reef. The only harmful animals in these waters are moray eels and sting rays, but they are bothersome only when molested.

For amateur snorkelers, there are organized boat trips to San Francisco beach. A Mexican guide will show you how to snorkel and will point out different types of coral, fish, and shells. He will even catch a few lobster and some fish and conch (a type of snail that is a local delicacy) and prepare a barbecue lunch while you swim. These day-long trips can be arranged through most hotels on the island; they cost about $12 per person.

Experienced scuba divers can rent tanks and regulators at several dive shops in the main town of San Miguel. But for the best scuba diving you will need a boat and guide to take you out to the fantastic Palancar Reef.

New air service to Cozumel now makes the island easily accessible to Westerners. Round-trip excursion air fare to Cozumel from Los Angeles is $259 via Merida (where you can stop over and see some nearby Mayan ruins) or $274 via Mexico City. Hotels average $36 a night for two persons, meals included.

For further information on travel to Cozumel, including diving details, see your travel agent or write See and Sea Travel, 680 Beach St., Suite 340, San Francisco 94109. □

Market day *is time for visiting and looking over bolts of patterned kimono fabric. Straw mats and striped canvas mark off stall area*

JANI THINK

Temple markets in Kyoto on the 21st, and the 25th

In Kyoto one day each month at Toji temple and at Kitano shrine, colorful, awning-covered stalls spring up for what the Japanese call *asa ichi*, or morning markets. Foreigners call them shrine sales. These are not regular tourist stops, but visitors are welcome to stroll past the ancient shrines, eat at the sidewalk stands, and shop through the almost endless variety of goods.

The market at Toji, a ninth-century Buddhist temple complex with the tallest pagoda in Japan (five stories rising about 200 feet) is held on the 21st of every month. The market at Kitano, amid tiny seventeenth-century Shinto chapels and plum trees, is held on the 25th.

From the Kyoto train station, a taxi ride to Toji takes about 5 minutes, and the trip to Kitano in the northwest corner of Kyoto takes about 20 minutes.

Countryfolk in traditional kimono and city dwellers in western dress flock to the temples to buy, sell, bargain, pray, gossip, or just to enjoy the surroundings. They unload their wares from small, two-wheeled carts, motorcycles, and other vehicles and set up their stalls by 5 or 6 A.M. Market activity continues until evening, but you should try to arrive by midmorning before crowds gather.

Within the maze of stalls you'll see new and antique pottery, porcelains, and lacquer ware; bolts and swatches of silks, cottons, and brocades; bonsai trees, hardware, footwear, toys, goldfish in cartons, and beetles—sold as pets—in tiny bamboo cages.

Food stalls sell fresh fruits, hot noodles, pickled vegetables, dried salted fish, and many other Japanese favorites. Spice mixtures, blended to specifications, are sold in colorful canisters. A bag of roasted chestnuts costs 100 yen (about 30 cents).

With some rummaging through the antique stalls, you can find bargains. Carved wooden boxes from tobacco sets, hibachis, scrolls, and woodblock prints are excellent buys.

Current favorites of the Japanese are decorative metal sword guards, which they use as paperweights, and accessories for the tea ceremony. Prices on these items are therefore inflated. One should also be wary of high-priced "antiques."

Polite bargaining is expected. Some stall tenders speak English, and a few will accept traveler's checks, but not personal checks. For convenience, it helps to carry 100 and 1000-yen pieces (about 30 cents and $3). And if you plan to buy, you might take along a large shopping bag. Purchases are not wrapped, and you must carry them away yourself. Many hotels have wrapping facilities and will mail the packages home for you for a small charge.

If your schedule won't permit a trip to Toji or Kitano on a market day, the two sites are still worth a visit. At Toji, beside the towering wooden pagoda, you'll see a storehouse constructed of wood without a single nail. Toji's art collection is one of the most prized in Kyoto.

Kitano, with its sweeping roofs, offers a flawless example of Shinto temple architecture. You can walk along the peaceful prayer pathways bordered by stone lanterns. If you brave the chill and go to the February 25 market, you'll also see the Plum Blossom Festival with a procession of portable altars and an outdoor tea ceremony honoring the Shinto patron saint of literature.

Western *shopper plucks bamboo cup from jumble of baskets, rice scoops, mats, noodle strainers, chopsticks, bamboo goods*

Home sweet (mobile) home.

There's lots to be said for a mobile home of your own. Low initial down payment. No big mortgage or upkeep costs. Comfort, convenience and a pleasant feeling of independence. Just live easy and enjoy the view.

A Bank of America mobile home loan can help you do it. There's no red tape; a minimum of paperwork. Terms are uncomplicated. Ask your mobile home dealer about financing with Bank of America. Or stop in at any of our branches for details. Then join California's mobile society.

BANK OF AMERICA
for the business of living

The most loyal car owner in the land.

Amid all the talk about luxury cars, one simple fact stands out. Cadillac commands the greatest owner loyalty of any American-built car. Figures continuously show that the percentage of repeat Cadillac owners is among the highest in the automobile industry.

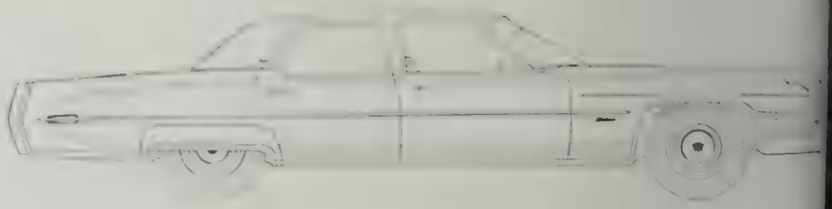
The real question is: Why?

Why do the overwhelming majority of Cadillac owners return to Cadillac when they are ready to buy another car?

Cadillac owners themselves give many reasons. Riding comfort. Resale value (traditionally the highest of any car built in the land). Dependability. Handling ease. Quality of workmanship. Performance. Durability. Styling.

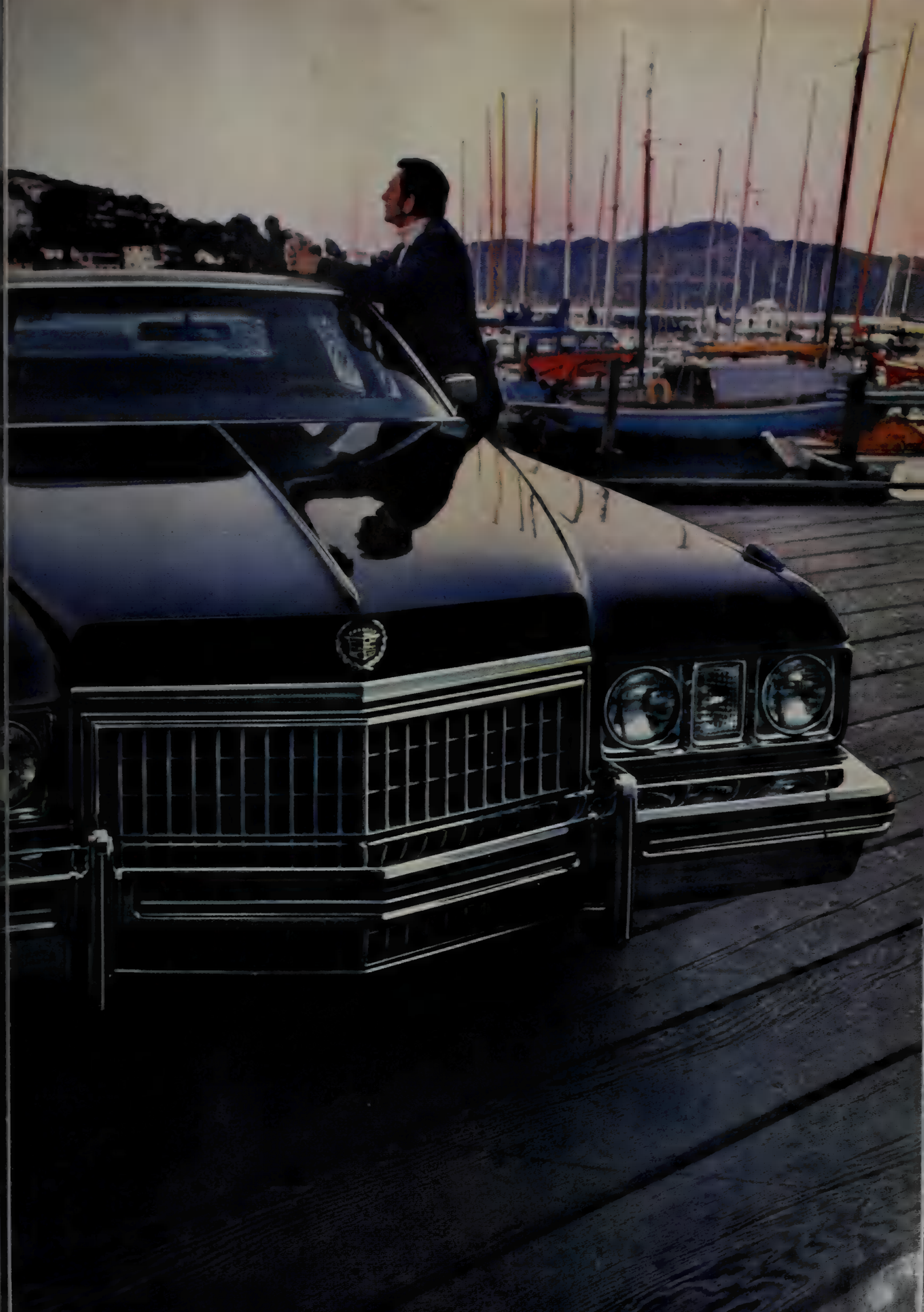
But it all seems to add up to one thing—owner satisfaction. In the car. And in the men who sell and service the car. If you don't feel this kind of loyalty toward the car you are presently driving, maybe it's time you visited your authorized Cadillac dealer. Maybe it's time for you to drive a Cadillac.

Cadillac



GM

SOMETHING ELSE THE FIGURES SHOW. One out of every two highway fatalities involves the drinking driver. One out of every two. Please, if you drink, don't drive. Thank you. Cadillac Motor Car Division.



GLENN CHRISTIAN

Cobblestones *ring with hoofbeats of horses and burros on one of the few level streets in Puerto Vallarta. Traffic must accommodate to their pace*

Bazaar *of booths that sell tourist merchandise occupies park at center of Acapulco waterfront. This couple watched figurine being decorated—in bright if impermanent watercolor*

Pick your Mexico-Pacific beach holiday

Mazatlán, Puerto Vallarta, Acapulco; friendly, lively, alike, different

Sail boards *and camera await beachgoers at Playa Caleta, on outward side of peninsula that forms Acapulco Bay*

Parachute *seems to float rider among Acapulco hotels, but it is only above beach as it comes in to settle for landing*

GLENN CHRISTIANSEN

Color *is properly uninhibited under bright tropical sun. This is one of a pair of tiled towers on Mazatlán cathedral*

You expect to find the warm sea at a tropical resort—and the bright sand, the palms, and the hotel by the beach. At the resorts of the tropical west coast of Mexico you find even more: colorful and vibrant landscapes, mountain and lagoon landscapes, and most of all a friendly and lively people.

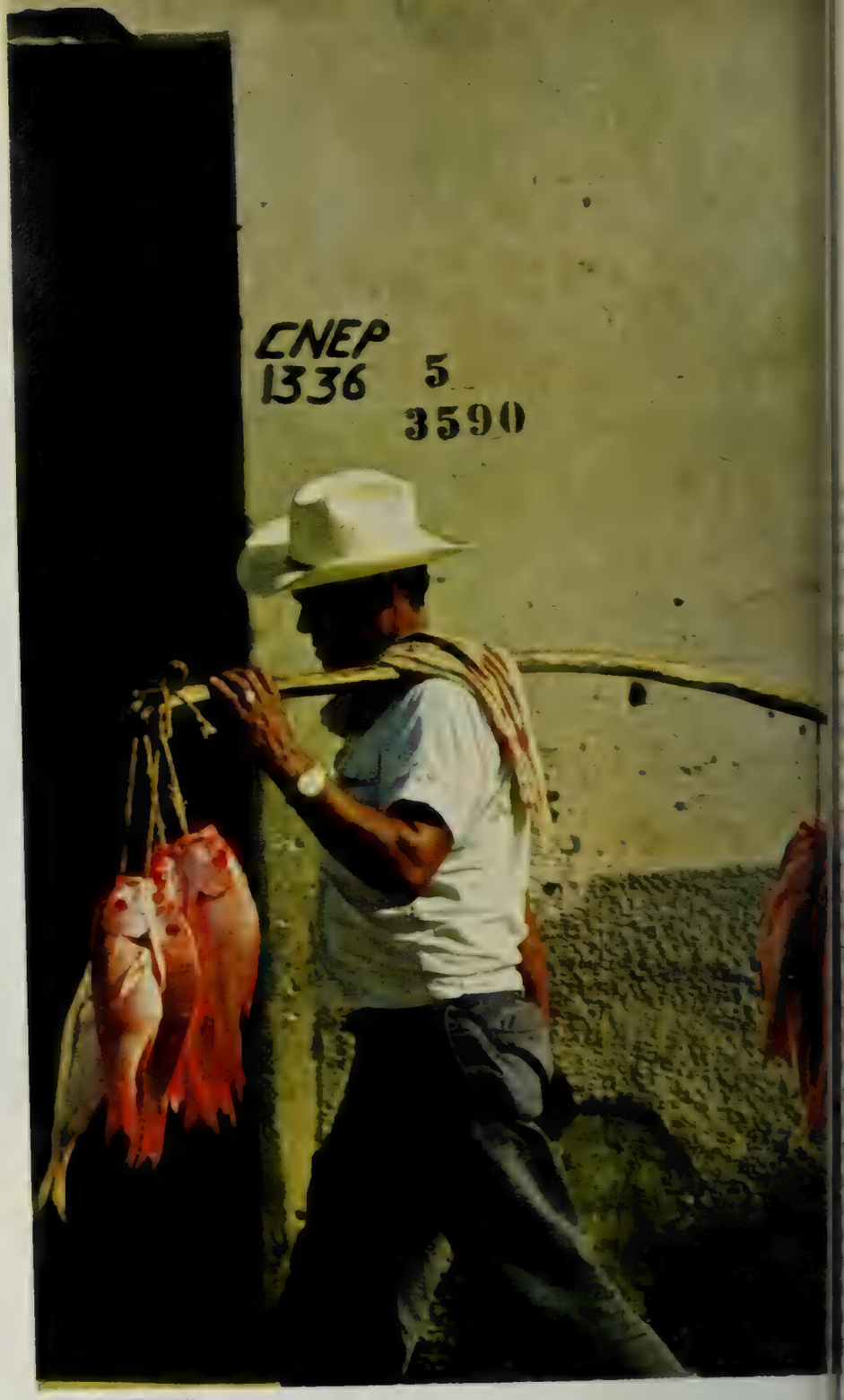
Three readily accessible cities on this coast equal any tropical seaside resort in the world in recreation and hotel facilities. These are, north to south, Mazatlán, Puerto Vallarta, and Acapulco.

Mazatlán evokes a Caribbean port, though without the high humidity. Puerto Vallarta might be a Riviera town, but warmer in winter and set in a coco palm jungle. Acapulco suggests a Waikiki placed on the shore of one of the world's most spectacular harbors.

Starting with Mazatlán, just inside the tropic zone and at about the latitude of Hawaii, Mexico's west coast offers the nearest tropic destination for motorists from our West Coast. It is also the closest by sea, and regularly visited by cruise ships—mainly from Los Angeles but also from San Francisco and occasionally San Diego. In air fare from San Francisco, it's comparable to Hawaii, the other nearest tropical destination; from Los Angeles it's slightly less.

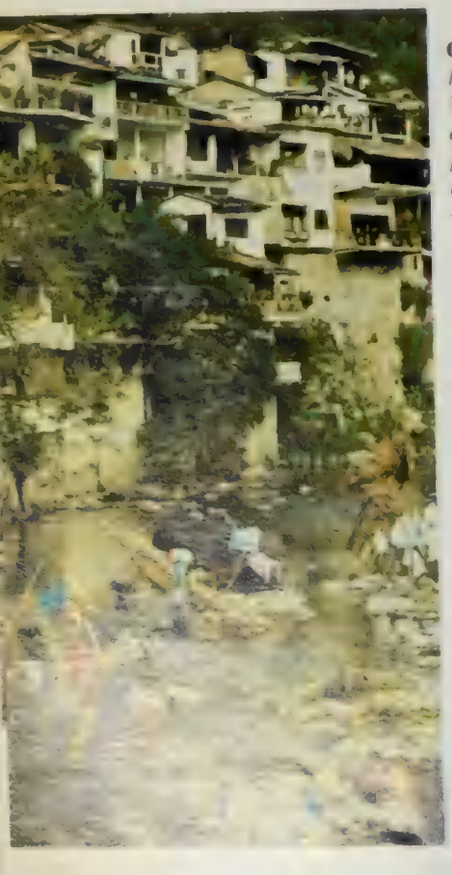
This month may be optimum for a visit. The hot rainy summer is over, places that were closed for it have reopened, and many high season prices don't go

Fisherman *of Puerto Vallarta uses no refrigeration—he delivers morning's catch to your door. Initials on wall refer to mosquito eradication program*



GLENN CHRISTIANSEN

Paper flowers *are included in vast variety of foods and goods in Mazatlán's block-square market*



Clear *Río Cuale below Puerto Vallarta cliff dwellings is public laundry and—surprisingly—stays clean*

Old and new: *Dugout canoe and sleek cruise ship at anchor in Acapulco Bay. Dugouts are still being built; some have outboard motors*

into effect until late November or mid December. The invasion of midwestern and eastern American tourists usually begins in December, impelled by the firs snowstorms.

You can expect daytime temperatures i the eighties at all three towns. Mazatlá and Puerto Vallarta have cooler night than Acapulco—though hardly cold—and in winter they may experienc northwest winds brisk enough to thi the ranks of beachgoers and fishermen Acapulco does not have this problem but it may have an occasional thunder storm.

If the pleasures of the sea are your chie aim, there are enough similarities amon the three resorts that you could stay

Take the sun for a while, then explore the streets, the plazas, markets, views

ny one for a week or so and get a fair ampling of what all have to offer. There re enough differences that you could pend the same time visiting all three vith little sense of repetition.

Diversions on the beach . . .
ver, on, and under water

At all three places the water is warm and ne surf is generally mild or nonexistent. nough Mazatlán has two spots with nough waves to attract surfers. Acaulco Bay is sheltered by peninsula and land, but the main beach is unexpected- steep in places with sometimes tricky urrents; beaches to the north and south ometimes have dangerous surf.

he chief hazard is sunburn. The tropal sun works rapidly and its effect is astened by reflection off sea and sand. is wise to seek the shade of coco palms r of the thatched *palapas* provided by any hotels or for rent for a few pesos most public beaches.

here is little indication of pollution, exept perhaps along the main beach at capulco—where the big hotels have vimming pools. You can buy lighter uid to remove tar spots from your feet, casionally encountered when ships are anchor in the harbor.

ntrepreneurs of the most unusual oreline sport, parachute riding, set up eration right on the beach, generally here there is the most hotel traffic. The ing rate is 100 pesos ($8) an hour. ou can see the starting point from a od distance away. Usually a boat pulls u aloft, takes you for a tour, and rerns you to the starting point. You are tfitted with a life jacket in case the nd alters and you come floating down the water.

Revolcadero Beach hotels, south of capulco, a jeep does the parachute wing because the surf is too much for boat. At Las Brisas Hotel, just inside capulco Bay, you loft from a float and turn to (or near) it.

me sort of sailing craft is available all the most frequented beaches. ost commonly it is the colorfully- led *velero*, pictured on page 88—a sail ard that launches easily. Lightweight tamarans are also becoming numerous. The rent is variable, perhaps 40 or 50 pesos an hour, or more if you require a helmsman. The boats are easy to sail and you need little skill, at least in the afternoon when prevailing breezes will always blow you back onshore.

Offshore waters are generally calm enough for water skiing, particularly in the morning. Tow boats are available by arrangement on the beach or through hotel travel agencies.

Scuba equipment and diving boats can also be arranged. Diving is good at islands just offshore at all three cities—including Isla la Roqueta at Acapulco, where there is an underwater shrine. However, knowing divers caution that the brief instruction offered by some of these operators is not nearly enough to make diving safe for a novice; 30 hours are needed for certification.

Fishing accounts for the most sea traffic. The season gets underway this month and continues through May, though there are marlin runs in summer.

Marlin and sailfish are the prizes; boat pilots generally manage to see that you catch something if not a big one. The cost is for the boat, $55 to $80 a day, divided among the number of anglers—usually four. Half day and hourly rates are also available. You can usually arrange a boat through a travel agency, or dicker on the dock the afternoon before a trip. As the season advances it is wiser to have an advance reservation.

Poking about in the towns
. . . each has a special flavor

The city behind each beach provides a colorful counterpoint to the hotel areas.

As in most Mexican towns, the church is prominent—and the three in these towns are among the most unusual in Mexico.

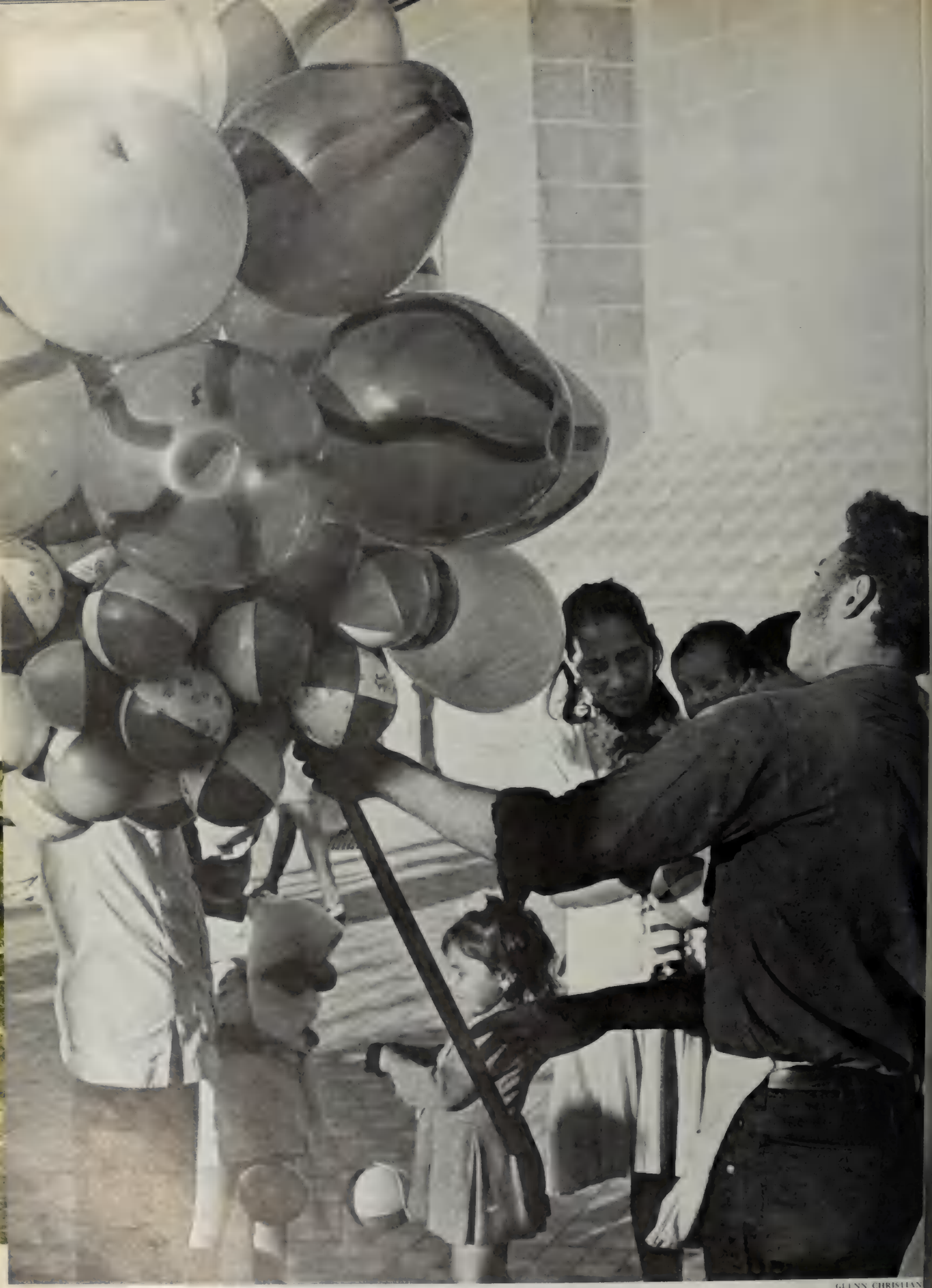
Look in on the market and the bounty of a land that produces fresh fruit and flowers in winter. The Mazatlán market covers a city block and is done in airy nineteenth century style wrought iron. The one in Puerto Vallarta is more intimate, a focal point of town life. Acapulco's, new a few years back, is an extensive series of clerestoried pavilions.

Look and sit in the plazas and explore the streets nearby, where often the most interesting old houses are to be seen.

There are some shopping areas for visitors, although Mexican folk art and crafts are not as good in price or selection as in some of the highland areas inland. The good buys are locally-made things—some crafts and a good deal of resort wear.

And drive to the view, in a rental car or a taxi. The view in Mazatlán is from a hill at the seaward end of the city; in

Creaking *araña provides leisurely Mazatlán tour. This one nears yacht and sportfishing anchorage*



GLENN CHRISTIAN

Balloon man *does a thriving business on Sunday afternoons at cathedral on zócalo (central pla*

Puerto Vallarta, from the hilltop reservoir; in Acapulco, from the highway in from the airport, from roads above town, and from streets that ring the cliffs of the peninsula southwest of downtown.

But the differences are what give the cities their personalities. Here is a description of each.

Mazatlán seems more open, more relaxed than the other resort cities. It fills a peninsula between lagoon and marsh areas that ends in three rocky hills; from there it also spreads northward on a sandspit between lagoon and sea, in new subdivision and hotel development.

Arriving by car or plane (the airport is 10 miles south of town), you approach on the main west coast highway (Mexico 15) and turn west to enter town through its least attractive district. To the south is the harbor, with docks for fishing vessels, cruise ships, freighters, and tankers, "El Ferry" to La Paz, and finally the yacht and sport fishing anchorage.

You can see the town on a tour from your hotel or explore on your own. The best starting place is downtown at the public market, or the central plaza and the yellow-towered cathedral a few blocks away. The old residential blocks to the northwest are fascinating for their ancient weathered colors.

Downtown or at one of the near-in beach hotels you can take a leisurely ride on one of Mazatlán's specialties, a slow horse-drawn cart called an *araña*. Another specialty is less leisurely: a three-wheel, three-passenger *pulmonía*, an open-air taxi like a fast golf cart.

The glory of Mazatlán is its boulevard along the sea wall, or *malecón*. It starts at the middle of the three hills and runs north for several miles and several changes of name. Its southern beach, Olas Altas, is also the site of a cluster of restaurants, older hotels, and shops (one of three main shopping locations in town; the others are the public market and the north hotel area).

In other Mexican cities the evening promenade takes place in park or plaza; in Mazatlán it is along the malecón—at Olas Altas or at Playa Norte, the next beach. Here, the last weekend before Lent, one of the most ebullient carnival festivities in Mexico takes place. Between the two beaches are Icebox Hill, offering the best view of town, and a 40-foot tower from which someone occasionally makes a spectacular dive while you watch—for a price.

Dugout fishermen hold their market on the beach at the south end of Playa Norte. From there the beach curves in a vast sweep, past hotels, motels, and houses inland of the sea wall. It continues north to the end of the malecón and the district of on-the-beach hotels (some of them new) and condominiums. This is where parachuting, water skiing, and other beach activities take place. Here you can rent horses that take commands in both Spanish and English. You can ride on the beach or take a secluded trail. Here also is a group of shops where artisans do woodcarving, bark painting, leatherworking, and other crafts; one will carve your portrait from a coconut husk.

Mazatlán offers some interesting opportunities to explore the country nearby by boat, bus, and plane.

In the lagoon south of town you can take a 3-hour cruise past the harbor and into winding waterways in dense mangrove swamps, with a midway refreshment stop. In the harbor is Isla de la Piedra, favored by local people as a miniature

MAZATLÁN

Balloon shopping on the zócalo, a hike on the beach, a trip to Copala

Tiled roofs *of sleepy Copala remain from town's eighteenth century silver-mining heyday. Town is goal of a daylong excursion out of Mazatlán*

Two figures *in distance are the only beach population along the malecón (sea wall) between Mazatlán and beach-front hotels to the north*

quiet beach hideaway.

A longer seagoing trip is to Isla Palmito de la Virgen, prized by bird watchers for its variety of species and by hunters for its numbers of birds. Out at Gaviotas Beach, *Super Pato* ("Super Duck," a yellow amphibious landing craft) ferries people from the Hotel Playa Mazatlán beach to the islands close offshore—for tidepooling and shell collecting.

By bus you get a look at green and forested back country valleys and mountains on a daylong excursion to the picturesque little village of Copala. Along the way you stop at tidy little Concordia to see furniture makers and other craftsmen at work and to see the richly sculptured small church. This is sometimes a half-day excursion.

You can also take a day bus trip south to the jungle of San Blas, for a riverboat cruise into the wilds. A new even more exciting way to cover this ground is by plane. You fly down the coast, circling the extraordinary island town of Mexcaltitlán—sited for defense in pre-Columbian times in the middle of a lagoon. The plane lands in San Blas for the river tour, then you go on to Puerto Vallarta for lunch, returning that afternoon.

Puerto Vallarta's environs look more tropical and tidier than those of Mazatlán or Acapulco, and because it is small, the American tourist presence is sometimes more obvious.

The road in from the airport is also the main highway. It passes through a broad mountain-edged river valley, lush and green, some of it planted in corn, and dotted with white cattle egrets and black grackles.

The city crowds between the foot of the mountains south of the valley and the sea. But first you reach the coast at a cluster of hotels on and near the beach north of town. This adjoins the new harbor, dredged from a lagoon. Visiting yachts moor here and excursion and fishing boats start here—although they also pick up people at the main town beach, ferried out by dugout canoe.

On toward town, signs of commercial expansion along the highway appear, and you pass a hotel or two and open-air restaurants by the beach. Blacktop gives way to cobblestones at the city limit.

Puerto Vallarta has two parts, separated by the River Cuale. North of the river, the old town, with its russet tile roofs and weathered walls, looks more like the highlands of Mexico than the coast. The level part, a few blocks in from the sea wall, contains the church, the main plaza, hotels, shops, and most of the traffic congestion. The market is at its edge, beside an irregular small plaza next to the river bridge.

Upward from here streets climb the mountainside. Narrow and steep, they

pass old Mexican houses and the newer cliff-hanging villas of the American colony. From the reservoir there are splendid views down into gardens aflame with bougainvillea, down over town and out over Banderas Bay, back into mountain canyons studded with coco palms.

The new part of town is south of the river, and fronts on the main beach, Playa del Sol (the name tourism people are trying to promote to replace the gloomy *Los Muertos*, or "The Dead," which it acquired from some murders there long ago). The beach is the only one in the area that really bustles.

This part of town shows signs of real estate boom. Here are restaurants, shops galleries, and hotels—including a fairl new one on the beach. The short pie where cruise passengers land from shor boats is here, and offshore is a crowde anchorage for yachts and fishing an excursion boats.

South of town, the highway climbs u onto the mountainside, first throug opulent suburbs of villas and garden then into wilder country of bluffs an coves and often thick forest. It pass two deluxe hotels: the high-rise Camin Real, occupying its own cove, and th Garza Blanca, individual cottages c a slope above the beach. The ro

reaches a beach at Mismaloya, then turns inland at the next cove beyond.

Visitors can see the town and coast on a tour or do it by taxi or rental car (it's not so big that you'll get lost). You might prefer to explore by rental jeep, dune buggy, or horse. The Cuale valley becomes wild at the edge of town, but has a passage through the bush.

PUERTO VALLARTA

"Discovery" led to boom, but it still keeps its village air

Serenade *by mariachis enlivens lunch outdoors under shade of coco palms at Posada Vallarta, one of hotels on beach northeast of Puerto Vallarta*

Dugout *is your transportation from Puerto Vallarta beach to excursion or fishing boat waiting offshore*

One great excursion is by boat: a day-long trip to Yelapa, two hours down the coast. This is a cove beyond the reach of the road and looks like the South Seas. There is a palm thatch open-air restaurant for excursion visitors, a hotel of grass shacks for escapists, a lagoon and tropical river you can explore on horseback, and a tiny town on the south shore near a waterfall.

Acapulco is the big city of the west coast resorts, with the most hotels—more than 180—and the most visitors. Its visitor attractions are divided between those for foreigners and those for the many Mexicans who swell the winter population.

Again, the airport is well out of town, this time to the south on a spit of land between a lagoon and the sea. The road toward town is rural, past two luxury hotels set on the beach beyond golf courses, the Pierre Marqués and the great pyramidal Acapulco Princess. Public Revolcadero Beach is just to the north of the hotels, at the foot of steep bluffs.

Mountains lie ahead. Before the ascent, a side road leads to the little community and beach of Puerto Marquez, situated between mangrove swamp and a beach that lies at the head of a long fiord-like inlet. The beach, lined with thatch roof eateries and bars and strewn with veleros, is colorful enough to draw visitors all the way from Acapulco.

The highway climbs high on the mountainside, overlooking first the bay of Puerto Marquez and then around the bend the great mountain-ringed bowl of Acapulco Bay. It passes one of the most extraordinary hotels in Mexico, the great complex of Las Brisas, starting at mountaintop like a Spanish fortress and tumbling its cottages and condominium villas down slopes to a beach on the bay.

You descend to beach level and hotel row, a long line that reaches in toward the center of town. The great high-rise structures are the second generation of hotels, air-conditioned and equipped with swimming pools. Across the boulevard—Costera Miguel Alemán—shops, restaurants, and night spots have collected, as well as supermarkets and American quick-food franchise shops.

Public beaches intersperse with hotel beaches. The boulevard parallels the beach for a while, and you can observe a maker of dugout canoes at work. At the last cluster of commerce before the street turns south, a broad divided boulevard heads inland, where the vast public market complex is located.

The market is fun, whether you are shopping for the ingredients of a picnic or just looking at what may be the most colorful place in town—with its unfamiliar groceries, fresh breads, bulk seasonings, and produce both familiar and strange. Flower vendors brighten the

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booths between pavilions, and truckloads of bananas and other products crowd the streets. You may see a seller of birds go by, with cages stacked 10 high.

Where the boulevard turns west again, you see Acapulco's one real antiquity —the eighteenth century Spanish Fort San Diego—looming on the slope above. Opposite, the warehouses of the seaport shut out the view for a few blocks.

Then you are at the heart of town. To seaward is the waterfront park and its sea wall extension. The park contains an intricate cluster of small stalls where vendors sell curios and crafts. At the sea wall the sport fishing boats line up, and excursion vessels and boats to cruise ships anchored in the bay land and depart.

Here are the vendors of fruits and ades and hot things from little steam carts, the balloon man, the itinerant vendors. At sundown the horse-drawn *carretas* assemble, for wagon rides through the busy car, bus, and truck traffic.

Downtown and the shopping district are right across the boulevard, and extend inland for several irregular blocks, graced with such innovations as a parking structure and new office buildings.

The cathedral and its shady park are in view. To the southwest of it are some of the most interesting shops in town, generally small and in old buildings. The hills above show some of the pleasantest street scenes to the casual stroller.

Beyond the malecón, the waterfront boulevard is less picturesque. You approach the hilly peninsula that shelters the harbor—on its slopes were built the first big hotels and costly houses.

Bear right to cross the neck of the peninsula to La Quebrada, site of an observation point over the rocky cliffs of the seaward side of town, where the celebrated high divers perform.

Streets run close to the clifftop, through a largely residential area, all the way around to the low point of the peninsula at a pair of small beaches: Caletilla and Caleta. This is a center of beach activity with a small harbor for sport fishing boats, glass-bottom boats, and launches for visitors to the beaches of largely undeveloped La Roqueta island beyond a short channel. The jai alai and bullfight arenas are both in this section.

You can take a main street back to downtown or circle the tip of the peninsula, again at high level, on Gran Vía Tropical for a spectacular view back toward the main beach and the town climbing the mountains behind.

Several boat excursions explore the harbor or go out to sea and around the peninsula to the dramatic coast of La Quebrada—as sightseeing trips by day or partying trips by night.

There are lagoons to the north and south of the mountains that enclose the town. Both have boats for fishing or exploring, and both are the scene of hunting trips and sightseeing excursions. □

Rear moat *of Fort San Diego serves as neighborhood soccer field. Most visitors see only front and upper parts*

ACAPULCO On the great beach or parachute riding high overhead

Parachute *pulled by boat lifts you from beach, returns you to same spot. At left, chutist has just landed on Acapulco beach. At right, the view from aloft, with tow rope harness in upper part of picture*

Beaches, *public and fronting hotels, are equipped with palapas (thatch shade shelters) and chairs for rent*

Blue *domes of Acapulco cathedral, one of most unusual in Mexico, seen from the hill above*

GLENN CHRISTIANSEN

Wizardry in the living room

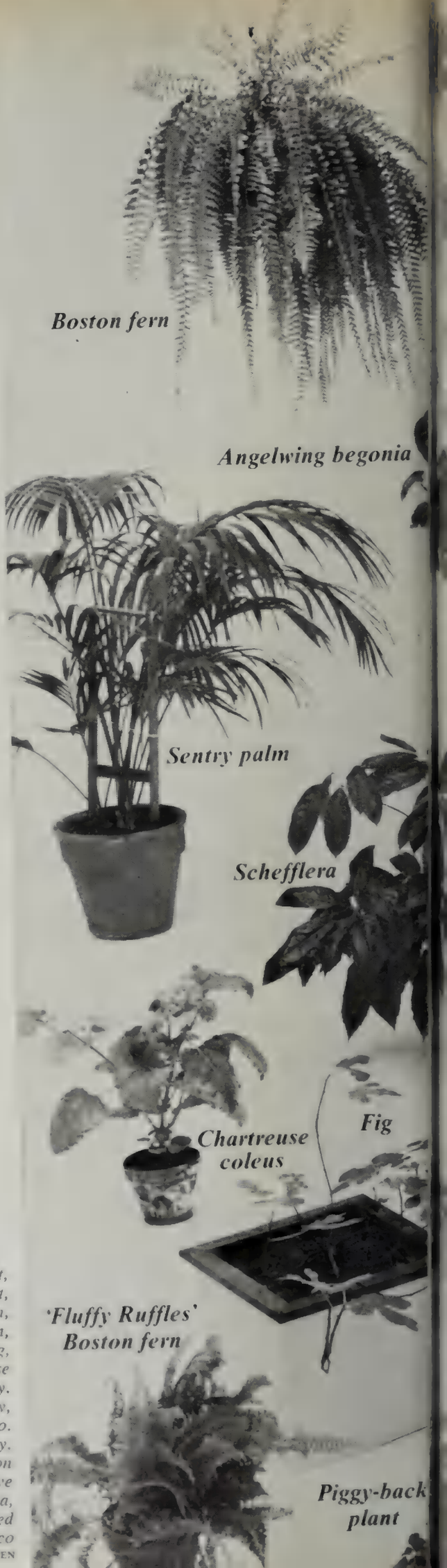
We picture 29 remarkable plants that live happy lives indoors. And tell their stories

For reasons that sociologists and economists can research, document, and someday present to us in a tidy package, the keeping of indoor plants—gardening in the living room—has become extremely popular lately. Sales of indoor plants have quadrupled since 1970. Plant boutiques and "little plant stores" have come forth in the cities. Novices have quickly and bravely approached and mastered the several home methods of plant propagation.

To our knowledge, none of today's indoor plant wizards has yet grown a eucalyptus or a walnut tree indoors, but with their fresh, loose approach, one of them might.

The photograph at right and the one on the next page show 29 remarkable indoor plants that we borrowed from living room gardeners in the San Francisco Bay Area.

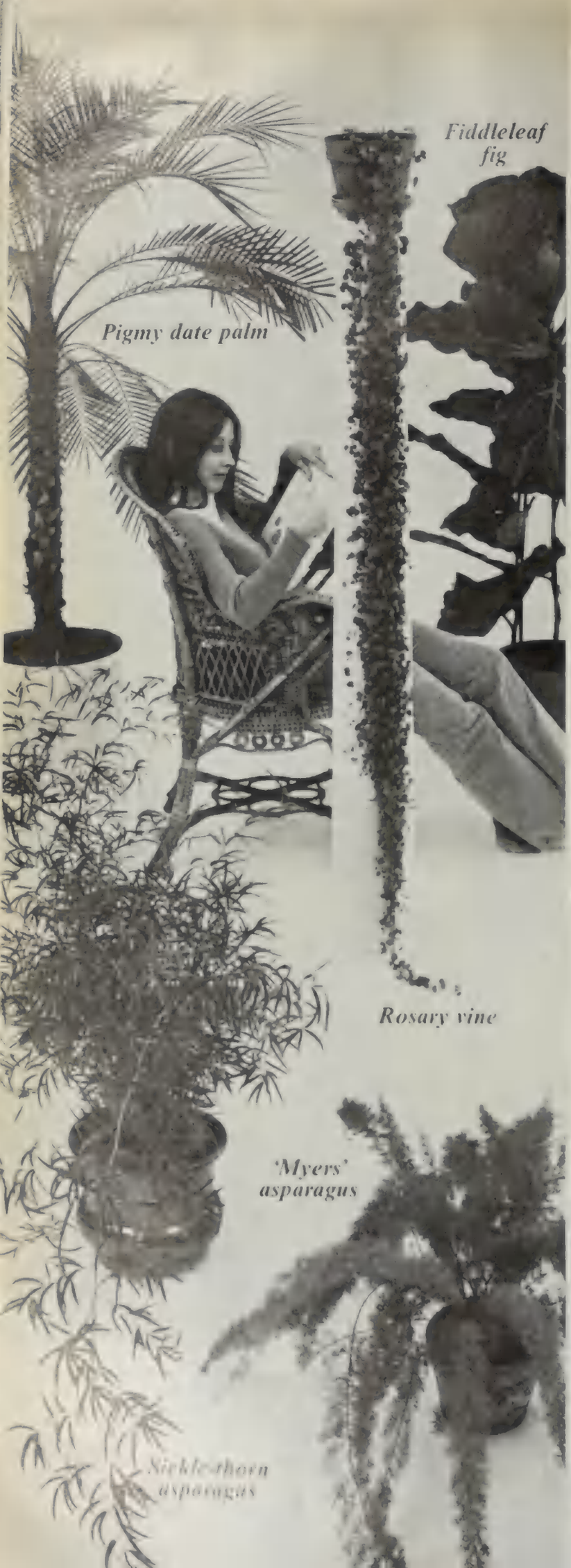
Perhaps you've done better. We invite you to send us snapshots of your remarkable indoor plants if you think they are superior to the ones here. Your plants can be anything—perhaps even a eucalyptus or a walnut. We ask only that you have been growing them indoors for at least three months. If



Who grew them? *Here's an alphabetical list of the plants at right, followed by their owners' names. Aechmea fasciata: Ella Vandervoort, Los Altos Hills. Angelwing begonia and piggy-back plant: Birgit Martin, San Francisco. Avocado: Stuart Vibert, San Francisco. Bird's-nest fern, Hypocyrta nummularia, Pteris cretica 'Rivertoniana': Alois Hessling, San Francisco. Boston fern: Wayne Hammer, Palo Alto. Chartreuse coleus: Sharon Getz, San Francisco. Coffee: Vivian Johnson, Berkeley. Crassula crassifolia, pregnant onion, spider plant: Phiz Mezey, San Francisco. Columnea 'Stavanger': Adele Zwack, San Francisco. Ficus benjamina, 'Sprengeri' asparagus: Jan Carrell, Berkeley. Fig: Marcel and Mary Belanger, San Francisco. 'Fluffy Ruffles' Boston fern: [illegible] Russell Eng, San Francisco. Japanese maple: Decorative Plant Rentals, Inc., Hayward. Philodendron guttiferum, schefflera, sentry palm: Edie Johnson, Palo Alto. Red-leafed coleus: Jody Purcell, San Francisco*

GLENN CHRISTIANSEN

Red-leafed coleus
Spider plant
Columnea 'Stavanger'
'Sprengeri' asparagus
Japanese maple
Pregnant onion
Avocado
Aechmea fasciata
Ficus benjamina
Grape ivy
Coffee
Bird's-nest fern
Hypocyrta nummularia
Philodendron guttiferum
Pteris cretica 'Rivertoniana'
Columnea crassifolia



they look remarkable to us, we'll phone you to arrange a visit with your plant or plants. We hope to find more remarkable plants for future articles. Send your name, address, phone number, and a snapshot of your plants to GRIP, *Sunset Magazine*, Menlo Park, California 94025. (GRIP stands for Growing Remarkable Indoor Plants.)

Here, in alphabetical order by the names that appear on the

"Within two years it was challenging the harpsichord for space rights"

photographs, are the biographies of the 29 Bay Area indoor plants that impressed us.

Aechmea fasciata. This is the only bromeliad (pineapple family plant) in our collection. The plant was about 6 inches high and as wide, in a little pot, when Mrs. Vandervoort got it five years ago. When it began to outgrow the original pot, she transplanted it into the handsome crock it's in now. She used "just garden soil" for the repotting.

The crock has no drainage holes. The plant thrives on only a pint of water every two weeks—poured partly on the center of the plant and partly on the soil. It gets no fertilizer at all. She keeps the plant by an east-facing door of tinted glass. It has formed big pinkish flower heads several times.

Angelwing begonia. Mrs. Martin kept this plant for three years, learning every shade of its needs and responses, withou knowing a fragment of its name. She began by rooting a sli of it in a glass of water, then she potted it in a commercia potting mix. In her long period of regarding the plant as whatchamacallit, she developed an effective culture for an of the cane-stemmed begonias.

If the plant gets too much sunlight or too much water, yellows. She keeps it in a room with indirect south sunligh waters copiously every two or three days, and feeds with fis emulsion once a month. To keep it bushy, she trims it at lea every other month, making cuts right above joints. She cuts back hard before going away for weeks, so the plant-sitter indifferent watering can't hurt it much.

Avocado. A supermarket avocado seed was suspended by th traditional three toothpicks in a jar of water. When roo jammed the jar. Mr. Vibert planted the seed in a pot of gard soil. For two years it grew slowly in indirect northern ligh He then transplanted it to an 8-inch wooden tub filled with commercial potting mixture and put the tub in direct sunligh It thrived. Within two years it was challenging the harp chord for space rights. About a year ago it was moved to shady spot in the living room. Growth slowed some. M Vibert has found pruning unnecessary and rotation of t plant difficult because one branch fits neatly above one ster speaker.

With a weekly watering of two quarts, an occasional f emulsion feeding, and five hours a day of Bach (three fr stereo, two from harpsichord), the plant is now content.

Bird's-nest fern (*Asplenium nidus*). This big handsome f

And, the growers of these? *Fiddleleaf fig: Sunset Magazine, Menlo Park. 'Myers' asparagus: Carol Wertheim, San Francisco. Pigmy date palm: Decorative Plant Rentals, Inc., Hayward. Rosary vine: Phiz Mezey, San Francisco. Sickle-thorn asparagus: Jan Carrell, Berkeley*

came into Mr. Hessling's life four years ago as a 35-cent baby from Woolworth's. A few years later it had grown some, and he loaned it to a lady friend for a while. Either she or her cat touched the leaves too much—touching makes bird's-nest fern leaves turn brown. Returned to Mr. Hessling, watered daily during warm weather, every two or three days during cool weather, fed with fish emulsion every two months, and left untouched, the plant grew strong and handsome again.

Boston fern (*Nephrolepis exaltata* 'Bostoniense'). This one was bought last February in a manufactured white plastic hanging pot with saucer built in. The white plastic looks a bit clinical so many people either transplant or hide it. Mr. Hammer made hanging tubs by cutting a barrel in half. The fern is in its white pot inside the tub. The tub hangs by three chains. Mr. Hammer waters every three days without fail, daily when it's warm. He feeds once in a while with fish emulsion. The plant has always lived in much indirect light.

Chartreuse coleus. This handsome, fragile beauty was a four-leafed nursery sprout three months ago when Mrs. Getz added it to her coleus collection in a north-facing bay window. With daily light watering and about 2 hours a day of direct sunlight, the plant has matured beautifully. So far it has not been pruned, fed, or rotated. Mrs. Getz partially credits the successful nurturing of this newcomer to the good company of her other coleus.

Coffee (*Coffea arabica*). Two years ago, a wholesale coffee salesman gave this plant to Mrs. Johnson as a promotion item when it had only two leaves and stood about 6 inches high. Since then, it has spent three months on her grocery store desk with only a distant skylight for a light source, nine months in her sunny, south-facing kitchen (it put on 18 inches there), and a year in her daughter's kitchen by a north window (it put on two tiers of leaves there). All along, it has been fed once a month with a complete soluble fertilizer and watered either a little every day or a lot every three or four days.

Columnea crassifolia. Mrs. Mezey bought this little plant six months ago because she liked its shape. It only had leaves

"All of a sudden 12 exciting, involved orange flowers appeared"

then. Shortly after, it developed buds and then, all of a sudden, 12 exciting, involved orange flowers opened. Only four remained on the plant when we photographed it.

All she's done for the plant so far is water it. By now, it has outgrown its pot—and Mrs. Mezey will move it on to a larger one when the last of the flowers is gone.

Columnea 'Stavanger'. Adele Zwack bought this plant three months ago at a discount store. She liked its form. Since then, she's kept it hanging from the ceiling of her north-facing bay window, watered it every day or two, and fed it every two weeks with fish emulsion. It hasn't grown much or bloomed. She still likes it for its form.

Ficus benjamina. This is today's most fashionable, expensive darling of the indoor plants. It's so pleasant to look at and so easy to keep, there's little wonder at its status.

Jan Carrell had her benjamina (that's what you come to call it) three months. It grew 8 inches in that time. She potted it from a nursery plastic pot into this clay pot. It gets fed with a complete, soluble plant food every two or three weeks, and gets watered every day or two. It gets the light that comes in through a south window with an overhang (no direct sun).

Fiddleleaf fig (*Ficus lyrata*). *Sunset* bought a fleet of 6-foot fiddleleafs six months ago. We keep them in some of the offices that have practically no natural light (with the fluorescent lights off at high noon, you can't even read). We water them moderately twice a week and have not fed them. A slow-release nitrogen fertilizer was mixed in the soil when plants were repotted right after purchase. The plants are staked so they won't lean toward the distant source of daylight. The big, shiny leaves show dust easily. We find the best dust remover is a damp, hand-operated cotton cloth.

Fig (*Ficus carica*). It figures that the first fig (regular edible

He feeds alternately fish emulsion and tobacco tea. Tobacco tea? See below

kind) grown in a box on a kitchen floor would be the work of a novice. Experts know better. The little tree has had no figs; it hasn't even had any real big fig leaves. But, it makes a pretty pattern of parallel horizontal leaves.

This plant came to the Belangers in a nursery can, bare in midwinter, two years ago. They put it in its large box. In midyear, leaves turned too yellow and fell off. They soon realized the box was too big. Container plants never do well if they are moved into too big a container. Now, to compensate, they water only around the base of the stem, every three days or when they see slight signs of leaf droop. The plant gets fed with fish emulsion once a month. During its leafless season, the owners feed and water less.

'Fluffy Ruffles' Boston fern. It grows in the same house as the grape ivy (the next plant described) and it gets the same care. Only difference is that the grape ivy is in the living room where the light comes through the window unimpeded, while the fern is in the bathroom, facing the same direction, with the light strained through frosted glass. This fern is about two and a half years old.

Grape ivy (*Cissus rhombifolia*). This is a common indoor plant, but Mr. Eng innovated. He started the plant as a cutting in water. When it rooted, he moved it into a pot filled with commercial planting mix. He waters it every three days.

Mr. Eng's feeding program is the innovation. He feeds weekly, alternating between fish emulsion and tobacco tea. What's tobacco tea? Hang a sack of Bull Durham in a quart jar of warm water until the water gets as close to the color of coffee as it will become. Then pour the water on the plants. The same program goes for his ferns.

Hypocyrta nummularia. Through a fortunate encounter with an official at the Golden Gate Park Conservatory, the lucky Mr. Hessling acquired a slip of the conservatory's *Hypocyrta*. He rooted it in peat moss and has repotted it twice since, using a commercial potting mix. You don't have to be lucky in a conservatory; you can get *Hypocyrta* from Park Seed Co., Greenwood, South Carolina 29646.

Depending on the weather, this plant gets water every other day to once a week. It receives fish emulsion once a month. *Hypocyrta* seems unfussy about exposure.

Up to here, you've read in alphabetical order the biographies of 15 of the 29 hero house plants. You'll find the life stories of the alphabetical last 14—Japanese maple to 'Sprengeri asparagus'—on pages 278 and 280. □

The ribbstol

The idea is Swedish. It is easy to build. It's great for exercise. It's pronounced *rib-stool*

At a glance it might look like an oversized ladder or extraordinary towel rack, but the *ribbstol* is really an intriguing piece of exercise equipment originated in Sweden over a century ago. It's found in many Scandinavian homes today.

Hundreds of exercises, everything from simple stretching to hardy conditioning, can be done on a ribbstol's sturdy bars.

Many Scandinavians find its wood construction attractive enough for a bedroom or family room, where it provides a space-saving alternative to outdoor exercise during the winter. A Western family might also put it to good use outdoors on a deck or near a pool.

This ribbstol (or "stall bar," as it is often called in the United States) was made to fit under an 8-foot ceiling, using two 95-inch pieces of 2 by 6 vertical grain Douglas fir. Fourteen rungs were made of 3-foot lengths of 1⅜-inch pine doweling. And two 3-foot pieces of 1 by 3 fir were used as bracing across the rear. Starting 4 inches from the bottom you space the lower 12 dowels 5 inches apart measuring from the center of dowel ends, and 1½ inches in from the front edge. Skip 12 inches to the thirteenth dowel to give your shoulder blades room when hanging from top bar. Then skip 21 inches to the top dowel.

Use an expansion bit in a drill press or electric drill when making dowel holes. Drill holes carefully so dowels will fit snugly and evenly.

Fit and glue dowels into one side using plastic resin glue. Apply glue to remaining dowel ends and, using a scrap of wood to protect surface, use a small sledge to pound sides together.

Notch the back edges of 2 by 6's to accept cross braces 12 inches from top and bottom. Predrill lag bolt holes in cross braces to match wall stud spacing.

Next, fasten 1 by 3's to the sides with 1½-inch wood screws. Finish with clear varnish or urethane finish. Attach to wall studs with 3-inch lag bolts.

The exercises pictured here will give you a good start with a ribbstol. You can get a chart showing over a hundred more from E. P. Finigan Co. (gymnasium equipment suppliers), Box 5692, San Francisco 94101. It costs $1. □

Simple, sturdy *exerciser called a ribbstol is found in many Scandinavian homes. He's strengthening his back and arms by keeping arms straight and swaying his body*

NORMAN A. PLATE

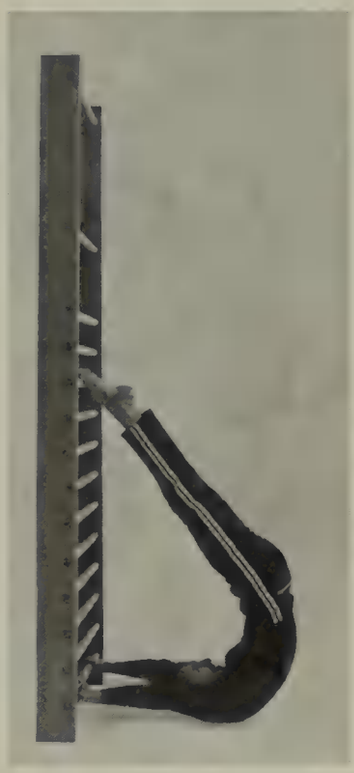
Ribbstol *mounts to any wall with lag bolts through crossbars. Used here in bedroom, it takes up little floor space*

Final fitting *of dowels into 2 by 6 is done with a small sledge. Scrap of 2 by 4 protects ribbstol as you pound snug-fitting pieces together*

GLENN CHRISTIANSEN

Leg kicks. *Try them to the rear, or stand sideways to the bar and kick to your side or front. Bars also provide support for any number of floor exercises*

Floor leg lifts. *Hold on to bottom rung and lift legs above you. Or lie down and hook toes under bottom bar to do sit-ups*



; lifts. *Most users will find ard to do these with a smile e's an accomplished gymnast), try them one leg at a time. od exercise for the waist. While re up there, try swinging ly from side to side*

Spreadeagle. *Push out from bars, then pull back in. Good exercise for stretching arms and legs. Next, lean out with both feet on bar*

BOB CLEMENZ

The Totem Pole, *an eroded pinnacle of red De Chelly sandstone rises 460 feet from the floor of Monument Valley*

Red sandstone country

Southern Utah and northern Arizona offer adventures in geology. Here are the sandstone types and where to find them

For a million years nature has been sculpting the sandstone of the Southwest into a grand legacy—pinnacles the height of skyscrapers, and arches, domes, and buttresses bigger than any Gothic cathedral's.

But sandstone also has a story to tell that's often overlooked. By examining the surface pattern, color, and shape of a formation you can tell a lot about how it was created and how long ago. You don't have to be a professional geologist to recognize some of these traits. Driving the right roads and using the chart on the following page will give you a start.

Most of the interesting formations were created from prehistoric sediments or from sand compacted from ancient deserts and beaches.

The process began hundreds of millions of years ago. Layers

PHILIP HYDE

Cathedral in the Desert, *a sculptured grotto carved from Entrada sandstone, is in Escalante Canyon*

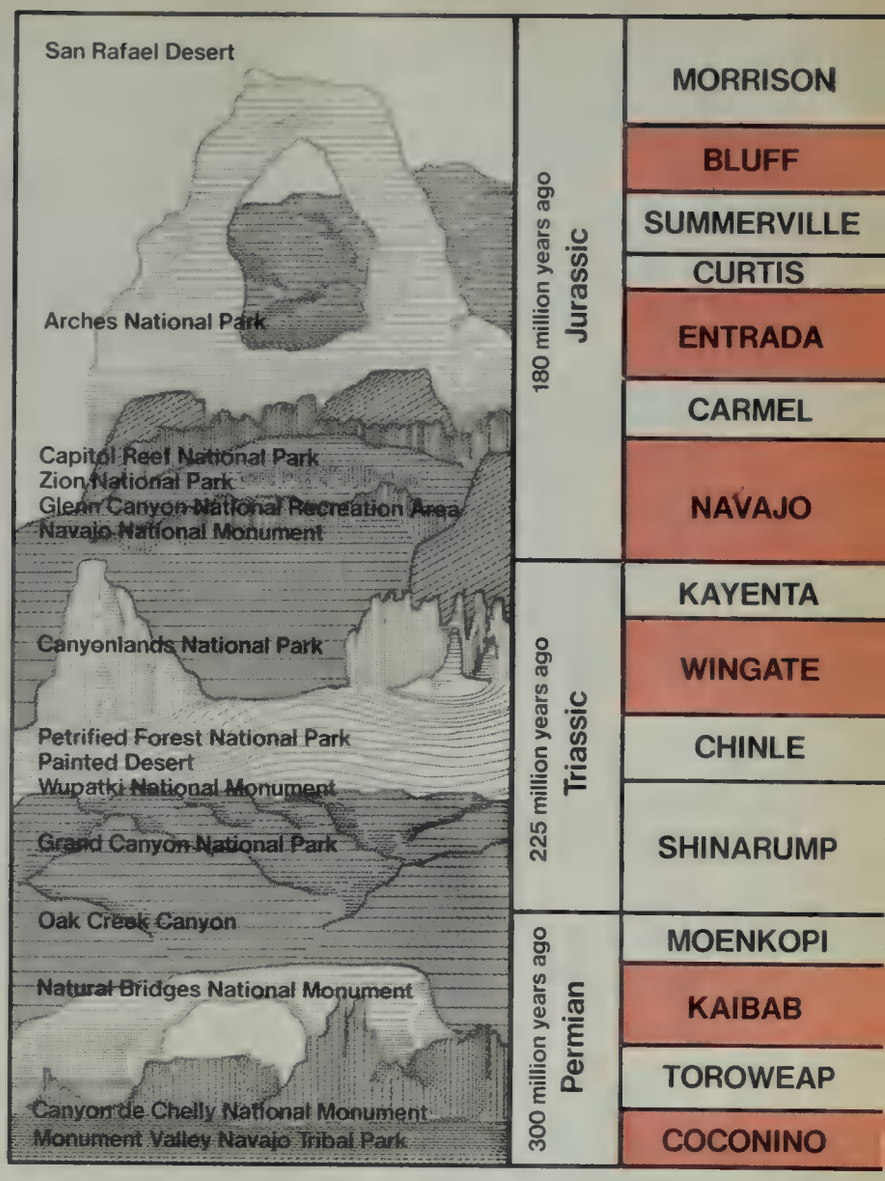
Sandstone *buttes and mesas make up the scenic view from Grand Canyon's rim*

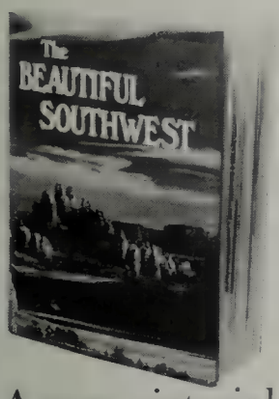
JOSEF MUENCH

Betatakin *ruin, Anazazi cliff dwelling at Navajo National Monument, sits in great arched cave of Navajo sandstone*
GLENN CHRISTIANSEN

Oak Creek Canyon *shows ragged pinnacles, eroded buttes, steep-walled mesas of Coconino sandstone*
DANA C. MORGENSON

Names of sandstones *are listed at right in order of deposition and by relative thickness. Major sandstones (shown in color) create distinctive landscapes in Southwest parks and monuments*





A new pictorial

The sandstone photographs here are from Sunset's newest pictorial book, The Beautiful Southwest. The book also shows other scenic and historic places of the Southwest, from low desert to high mountain ranges. Including maps, 47 of its 224 pages are in color. An advance price of $9.95 applies through December 31; regular price is $10.95. A deluxe slip-cased edition is $13.50

of sandstone were formed, one atop another. Much more recently—perhaps a million years ago—the irrepressible erosional forces of wind and running water began to expose new levels of sandstone and shape the elaborately sculptured formations we see today.

Each major sandstone formation, deposited during the same period of geologic time and under specific environmental conditions, has relatively uniform chemical and physical characteristics that help determine how well it stands up against erosional agents. With a little practice you can learn to recognize individual sandstones by the way they weather or erode.

Geologists assign names to each kind of sandstone. *Entrada* is the kind of arch-forming stone at Arches National Park. *Navajo* sandstone composes the great buff-colored domes at Capitol Reef National Park and the Great White Throne at Zion National Park. *Wingate* sandstone formed the precipitous face of many steep-walled canyons in Canyonlands National Park. *Coconino* accounts for the dissected plateaus along the Grand Canyon's rim and the fluted pillars of Oak Creek Canyon.

Our chart above shows a highly theorized cross section of the earth's crust. You see the relative thickness and sequence of deposition of each of the major scenery-making sandstones along the Colorado River drainage in the Four Corners area.

Theoretically, the chart represents the rock types you can see traveling northeast from Oak Creek and Grand Canyon to a point just north of Arches National Park.

In fact, you can approximate this route on a 300-mile drive from Flagstaff, Arizona, to Moab, Utah.

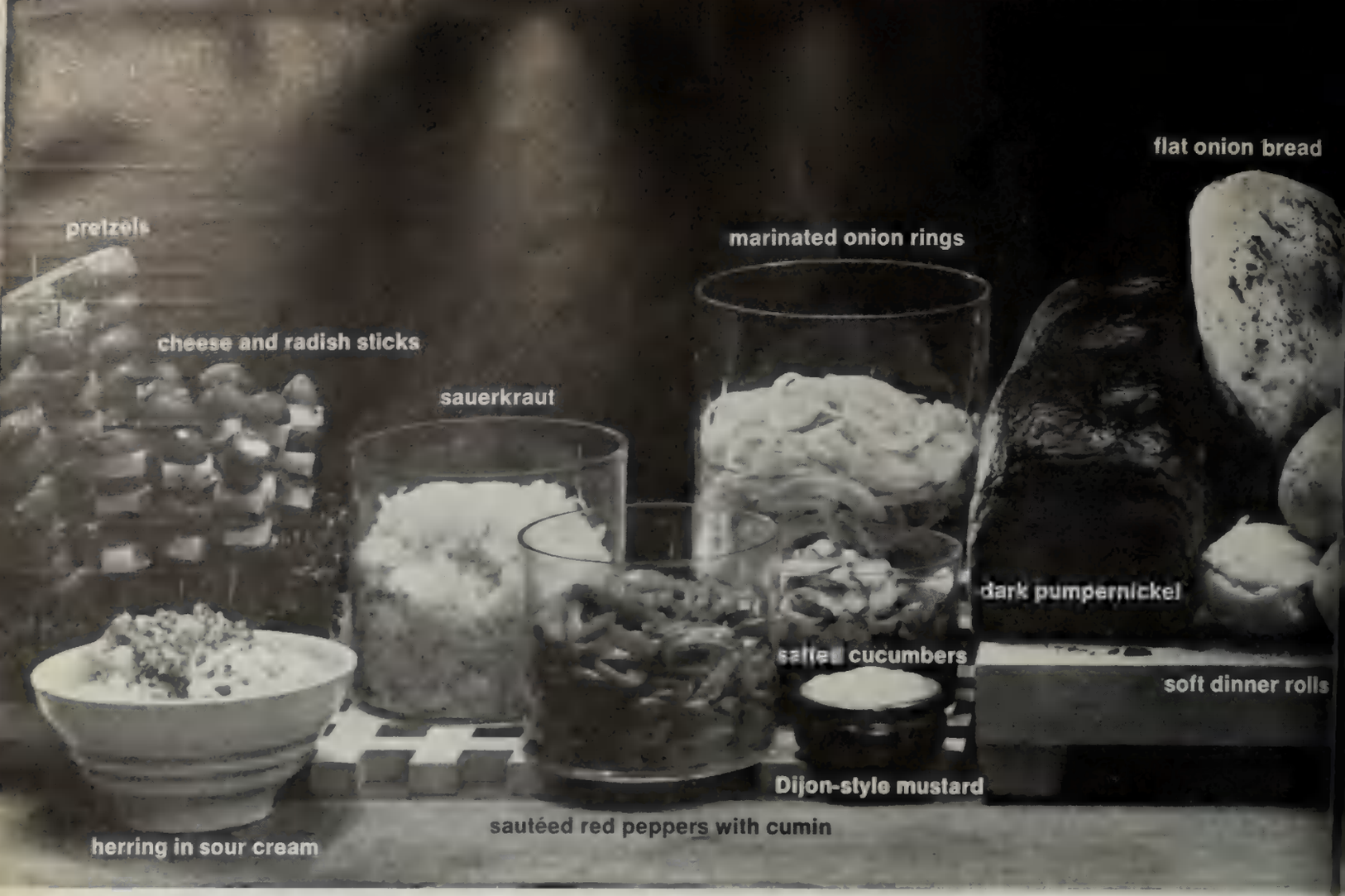
The trip begins near the top of Coconino sandstone at Flagstaff. You'll be in Moenkopi and Shinarump sandstones as you drive along U.S. Highway 89 across the Painted Desert to Cameron and the junction with U.S. 160.

Continuing northeast on U.S. 160 past Tuba City, you're driving on Navajo and Entrada sandstones and crossing exposures of the younger Morrison formation. From Kayenta take U.S. 163 north, where you drop back down onto Shinarump and Chinle formations, then go by the great De Chelly (equivalent of Coconino) sandstone spires of Monument Valley as you cross into Utah.

Between Mexican Hat and Bluff, U.S. 163 climbs the Comb Ridge exposure of Wingate sandstone, passes through a classic exposure of Bluff sandstone forming the canyon walls at Bluff, then drops back down on Entrada and Navajo sandstones north of Monticello. Moab's fault valley is rimmed with Wingate sandstone cliffs. North of Moab, on the way to the Crescent Junction meeting with Interstate 70, you're surrounded by exposures of Morrison in the San Rafael desert.

Other sandstone-viewing highways of the Four Corners region include Interstate 70, between Green River and Salina, Utah; U.S. 89 from Kanab, Utah, to Page, Arizona; and Interstate 15 from Cedar City to St. George, Utah. □

From Flagstaff, Arizona, north to Moab, Utah, sandstone by sandstone



Start sampling *wurst supper at any point from pretzels to pears. Use breads to hold herring, hot sausages, relishes. Offer more or less variety—shopping, not cooking, is the secret*

After football a great idea is a wurst buffet

The hearty food and jovial spirit of German fairs are the inspiration for the supper above. The table is laden with the kind of foods hawked by vendors at festivals like Munich's Oktoberfest. Yet the sausages (*wurst* in German) and accompaniments are available here in supermarkets or delicatessens. You can easily assemble them for an informal party, perhaps after a football game.

Staging is part of the fun. Display the foods as they might appear at a fair or carnival. Stick pretzels upright on skewers, thread bright radish chunks and bits of cheese on thin sticks, serve pears with handles. Offer earthy breads with herring, fat and skinny sausages, colorful vegetable relishes, and several mustards. Pile pretty cookies in a basket.

The food requires no attention after guests arrive. They can start sampling at any point on the table and return as often as they like.

A minimum of cooking is involved; the party is geared for 12 persons, but it can easily be adjusted to serve more or fewer. The beverage might be cool Rhine wine such as Johannisberg Riesling or Emerald Riesling, a jug Rhine wine, ale or beer, apple juice or cider.

The meal can be managed most conveniently if bread is used to hold foods that cannot be eaten out of hand. Or offer plates for those who prefer more of the meats and relishes and less bread.

To support foods on sticks (pretzels, radishes, pears) line appropriately sized, shallow dishes with 2 or 3 inches of flower arranging material, such as clay or floral sponge. Cover this base with parsley and poke the sticks upright in it.

The foods for twelve

Pretzels. Allow at least 4 thin or 2 fa purchased pretzels for each person.

Cheese and radish sticks. For each serv ing, alternate 2 radishes, cut in halves and 3 pieces (⅜-inch cubes) kuminos cheese on a thin skewer. Chill, covered until time to serve, then sprinkle wit salt and paprika.

Herring. Buy refrigerated prepared her ring or make the herring dishes on pag 249. You need 3 to 4 cups total.

Sauerkraut. Drain 2 cans (1 lb. *eac* sauerkraut; add to sandwiches.

Sautéed red peppers with cumin. Thinl

slice 4 seeded red bell peppers and cook in a wide frying pan with 3 tablespoons salad oil, 2 tablespoons water, and ½ teaspoon cumin seed over medium heat, stirring, until limp and the liquid has evaporated; salt to taste. Serve at room temperature; add to sandwiches.

Salted cucumbers. Mix 4 cups thinly sliced cucumbers with 1 tablespoon salt; drain 1 hour. Serve in sandwiches; or cover, chill, and drain to serve.

Marinated onions. Thinly slice 3 large mild onions (red or white) and mix with 3 tablespoons vinegar, 1½ teaspoons salt, and 1 teaspoon sugar. Serve in sandwiches; or cover and chill several hours.

Breads. For an attractive display choose 3 or 4 loaves and at least 12 rolls: dark and light pumpernickel loaves, flat onion bread, rye bread, and soft and crusty rolls. (Freeze leftovers for later use.) Serve on a cutting board with a knife.

Spreads. Offer at least three mustards—such as Dijon-style, sweet Bavarian-style, hot or extra hot, or coarse ground—plus prepared horseradish and butter.

Sausages, boiled and sautéed. Allow at least ½ pound sausages for each person.

For boiled sausages choose those that require only heating to serve: bratwurst, bockwurst, knackwurst (garlic), regular or old-fashioned frankfurters, long slender veal frankfurters, smoke-flavored pork sausages, and Polish sausages. Place sausages in a deep kettle and add boiling water to cover; keep on low heat 15 minutes, but do not boil as casings may burst. Put sausages in a pan with several inches of the hot water and serve on an electric warming tray.

You can also lightly brown any of these drained sausages in a dry frying pan over medium heat and serve as sautéed sausages; put in a dry pan on warming tray.

Other sautéed sausages might include pan-browned pork link sausages.

Pears on sticks. Allow 1 firm-ripe, small pear for each person. Cut away stem and insert a wooden stick (like those used for caramel apples) into stem end of fruit.

Cookies. Buy an assortment. Those imported from West Germany include *lebkuchen* and hazelnut (filbert) flavor cookies. You'll need about 3 dozen. □

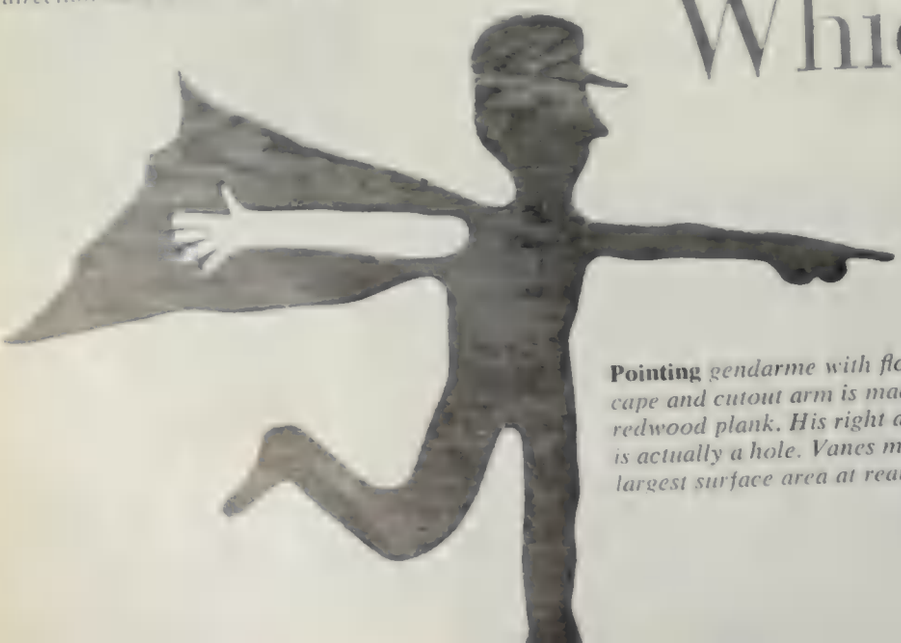
DARROW M. WATT

Long *skinny sausage in tiny bun filled with vegetable relishes*

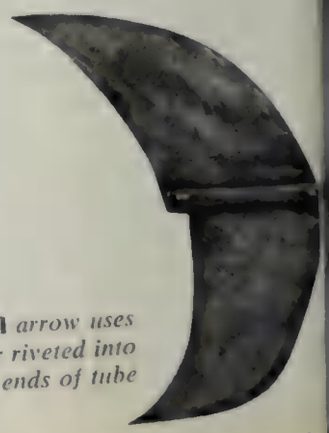
Plain *pear on a stick, a takeoff on German candy-glazed fruit*

Ornate copper peacock *weather vane is installed on roof peak. It's pointing north, direction wind is coming from*

Which way is the



Pointing *gendarme with flowing cape and cutout arm is made from redwood plank. His right arm is actually a hole. Vanes must have largest surface area at rear*



Traditional *arrow uses sheet copper riveted into slit ends of tube*

Which way does your wind blow, and what does it portend?

The answer was critical to the ancient Romans and Greeks who foretold their destinies by the winds and nature's other forces. Early navigators studied wind movement, too. So did our agricultural ancestors; wind gave them the simplest, most direct sign of a weather change—and it still does in the absence of other longer-range indicators.

Weather vanes developed first as weather instruments. Then they evolved, becoming symbols of the church and nobility, important elements in architecture, and, finally, a vital form of American folk art.

You can easily continue both folk art and weather watching traditions by building your own rooftop weather vane. Weather vane maker Michael Moreland of Mendocino, California, has designed the examples on these pages to illustrate some basic construction techniques.

The secret of making a successful weather vane is simple: It must pivot freely, and—to make the vane point into the wind—the surface area to the rear of the pivot point should be greater than the surface area in front of it.

These examples are made from wood and metal—copper is very attractive, and easy to work with. Each pivots by a ½-inch-diameter galvanized steel rod turning on a metal ball inside a "type L" copper tube with ½-inch inside diameter, crimped to hold the ball in place. You can find the rod and tube at most hardware stores. You may have to search harder for the steel ball (⅜ to ½ inch); try machine shops and wrecking yards. You can substitute a glass marble, but it will slowly break down and will have to be replaced in a year or so.

The pointing sunburst (below, right) has the simplest mount. The silhouette design (14 inches high, 31 inches long) was cut from two 1 by 10-inch redwood boards joined edge-to-edge with waterproof glue. The steel rod is glued into a ½-inch-diameter hole drilled into the pointing arm, and is dropped down into the crimped tube containing the pivot ball. The length of tube above the crimping point completely covers the rod; it should have enough additional length below the crimp to allow the mounted vane to rise above the highest point of your roof line. The wood is weatherproofed with varnish.

The gendarme (below, left) is also cut from redwood. But because a drill hole might split its small foot, the copper tube, rather than the rod, is attached to the vane by brackets on one side. It's crimped at the top, and the ball and rod slip up into it. The gendarme is 20 inches high, 25 inches long.

The head and tail of the arrow (below, center) are cut from sheet copper. Each is inserted into a slit tube end and held in place by hammer-flattened copper rivets. To form a continuous shaft, the other end of each of the two tubes is soldered into a ½-inch copper T-joint, available at plumbing or hardware stores. The bottom of the T-joint is soldered onto a vertical copper tube that holds the pivot ball and mounting rod.

A silhouette is easiest to begin with, but you can carve or paint details on your wood vane before varnishing. (To learn how you make such ornate copper vanes as the peacock see page 166.)

Your weather vane should be mounted high enough to be seen clearly and to catch the wind. It's most easily mounted with brackets to the side of an eave beam. Or you can drill through the crown of the roof, clamp the mounting rod to an attic rafter, and caulk around the opening. Grease the pivot points annually.

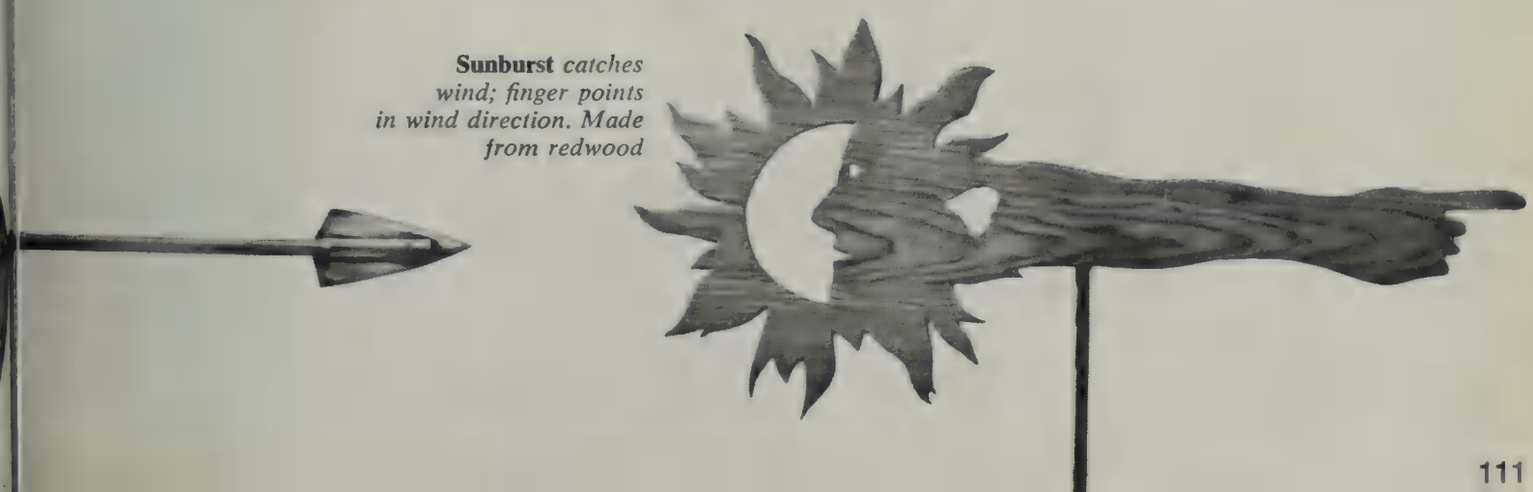
Made-at-home weather vanes are inexpensive: The gendarme and sunburst assemblies cost less than $4 each, the arrow $6, and the peacock $17. □

Pivot *is made by crimping tube with punch, then inserting steel ball and shaft glued into hole in wooden vane*

DARROW M. WATT

wind blowing right now?

Sunburst *catches wind; finger points in wind direction. Made from redwood*



Cooky irons make cooky magic

Here are French, Italian, and Nordic ways to go

GERALD R. FREDRICK

Pizelle *(left) holds rippled edge after cooling. Crisp krumkake makes good con*

Among the delicacies inventive European cooks have created are the crisp and artfully embossed cookies baked one at a time in patterned cooky irons.

At right we show four versions of these cooky irons widely available in the West; they might delight the culinary-minded on your Christmas list. Look for the irons in shops handling domestic and imported cookware, department store houseware sections, or in delicatessens that sell cooking tools. Prices range from $6 to $15. The irons and cooky recipes can all be used interchangeably.

New cooky irons that don't have nonstick fluorocarbon finishes should be seasoned first. Place over medium heat (gas or electric) until water dripped inside sizzles. Open and brush amply with salad oil. Close and heat just until oil smokes, then remove from heat and let cool in open position. Wipe clean. Even if your iron has a nonstick finish, brush with melted butter before baking the first few cookies; later, only if needed.

To bake a cooky, place a seasoned iron directly over medium-high heat. Alternately heat both sides of the iron until water dripped inside sizzles. Open and brush lightly with melted butter. Into center of iron, spoon amount of batter suggested in each recipe. (You'll soon learn to judge the correct amount.) Close and squeeze handles together. Turn iron and scrape off any batter that flows out. Bake, turning about every 20 seconds, until cooky is light golden brown; open often to check doneness. Quickly lift out cooky with a fork or spatula; return iron to heat.

Working fast, shape hot cooky as directed in each recipe. Cool on wire racks; store airtight.

Krumkake irons are available in either 5 or 6-inch diameters.

Krumkake

Beat 3 eggs with ½ cup sugar, 6 tablespoons melted butter, ½ teaspoon *each* lemon extract and ground cardamon (optional). Blend in ⅔ cup unsifted regular all-purpose flour until smooth.

Heat a seasoned krumkake iron according to preceding directions. For each cooky, spoon about 1 tablespoon batter into center of a buttered 5-inch iron (about 1½ tablespoons in 6-inch iron); close and bake as directed. After removing the hot cooky, leave flat, shape in a cone, or roll into a cylinder. Cool. Serve plain or fill just before serving with whipped cream. Makes about 1½ dozen.

These anise seed-speckled Italian cookies are typically rolled into tight cylinders.

Cialde

In a bowl combine 1 cup sugar, 1 egg, 2 teaspoons vanilla, 2 tablespoons *each* salad oil and an anise-flavored liqueur or whiskey, and ⅔ cup water; beat to blend. Stir in 1½ cups unsifted regular all-purpose flour and 1½ teaspoons whole anise seed until smooth.

Heat a seasoned *cialde* iron (about 5-inch diameter) according to preceding directions. Spoon about 1½ tablespoons batter (more for larger irons) into center of a buttered iron; close and bake as directed. Roll hot cooky into a cylinder; cool. Makes about 2½ dozen.

Gaufrette can be used for ice crea sandwiches. Cut hot cooky in half; whe cold, fill it with a slab of ice cream.

Gaufrette

Beat 1 cup whipping cream just until begins to thicken, then blend in 1 cu unsifted regular all-purpose flour, ¾ cu unsifted powdered sugar, 2 teaspoo vanilla, and ¼ teaspoon salt.

Heat a seasoned gaufrette iron accordi to preceding directions. Spoon about tablespoons batter (less for smaller iron down center of a buttered iron; close a bake as directed. Remove cooky and c in half crosswise; leave flat or roll into cylinder. Cool. Makes about 2 dozen.

This Italian *pizelle* starts with a dou that you first shape by hand.

Pizelle

In a bowl beat 3 eggs until thick. Add cup sugar, ¾ cup (⅜ lb.) melted butt or margarine, 1 teaspoon lemon extra ¾ teaspoon *each* baking powder a whole anise seed, and 3½ cups unsift regular all-purpose flour; mix we Shape balls using 2 tablespoons dou (¼ cup for gaufrette iron).

Heat a seasoned pizelle iron (5-inch ameter) according to preceding dire tions. Butter iron and place ball of dou in center (or roll into a rope about inches long for gaufrette iron); close a bake as directed. Place cooky flat racks to cool. Makes about 1½ dozen.

D. R., San Jose.

ARROW M. WATT

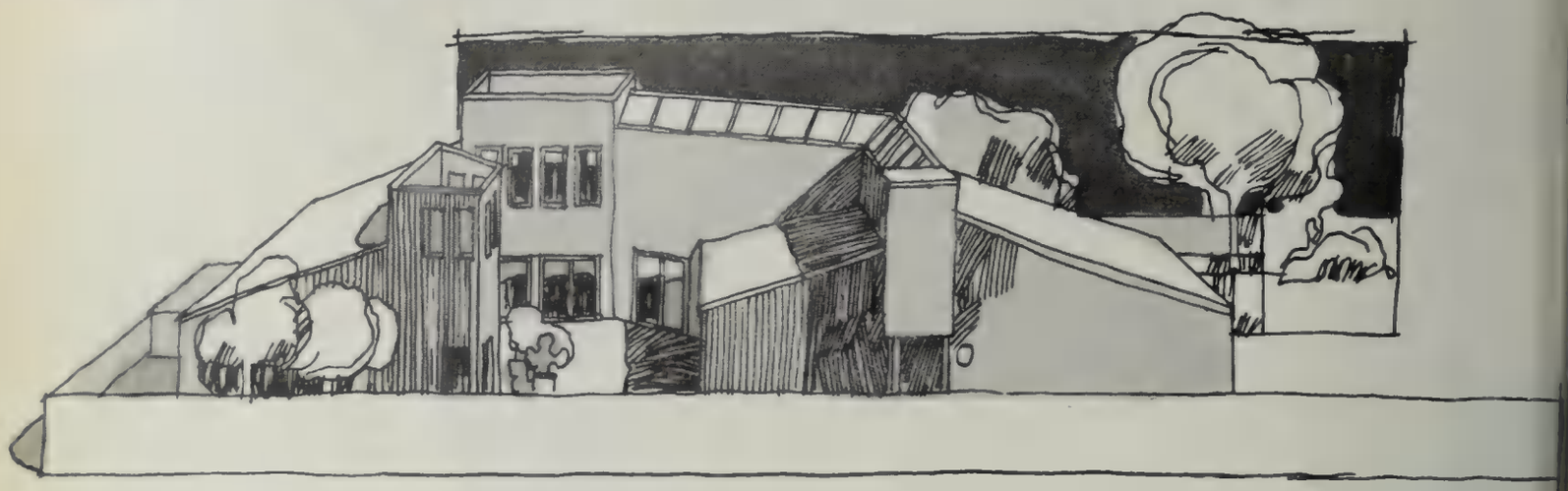
Subtle pattern *of Scandinavian krumkake iron is reproduced on delicately transparent cooky. Shaping takes place while cooky is still hot*

Left to right: *Scandinavian krumkake iron has delicate scrollwork. Italian cialde iron has a different design on each plate. French gaufrette makes tiny wafflelike pattern. Italian pizelle iron makes a wavy-edged star design*

GLENN CHRISTIANSEN

"For reasons of economy, houses tend to be foursquare . . . wouldn't it be nice to give people the experience of a set of spaces that are not foursquare."

Richard Garlinghouse, William Turnbull, MLTW-Turnbull Associates



Honor award architects design three houses for subdivisions

Subdivision builders then have a look, say what they think

What kind of freshness might go into the designs of tract houses without drastic additional costs? Is it possible to broaden the house buyer's choices by breaking away from the standard, and often too repetitious exteriors, floor plans, and site plans?

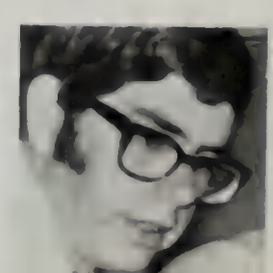
Those were the kinds of challenges presented to three architectural firms when we asked them to design a better house for the tract situation.

Six months ago the American Wood Council asked *Sunset* to cosponsor a house design project. We turned to the architects whose houses won Honor Awards in the last *Sunset*-AIA Western Home Awards jurying. We asked each to work 30 hours for an imaginary builder-client. He was to design a single-family, detached house that demonstrated new uses for wood, and that could be repeated with variations and sell, exclusive of land, for about $30,000.

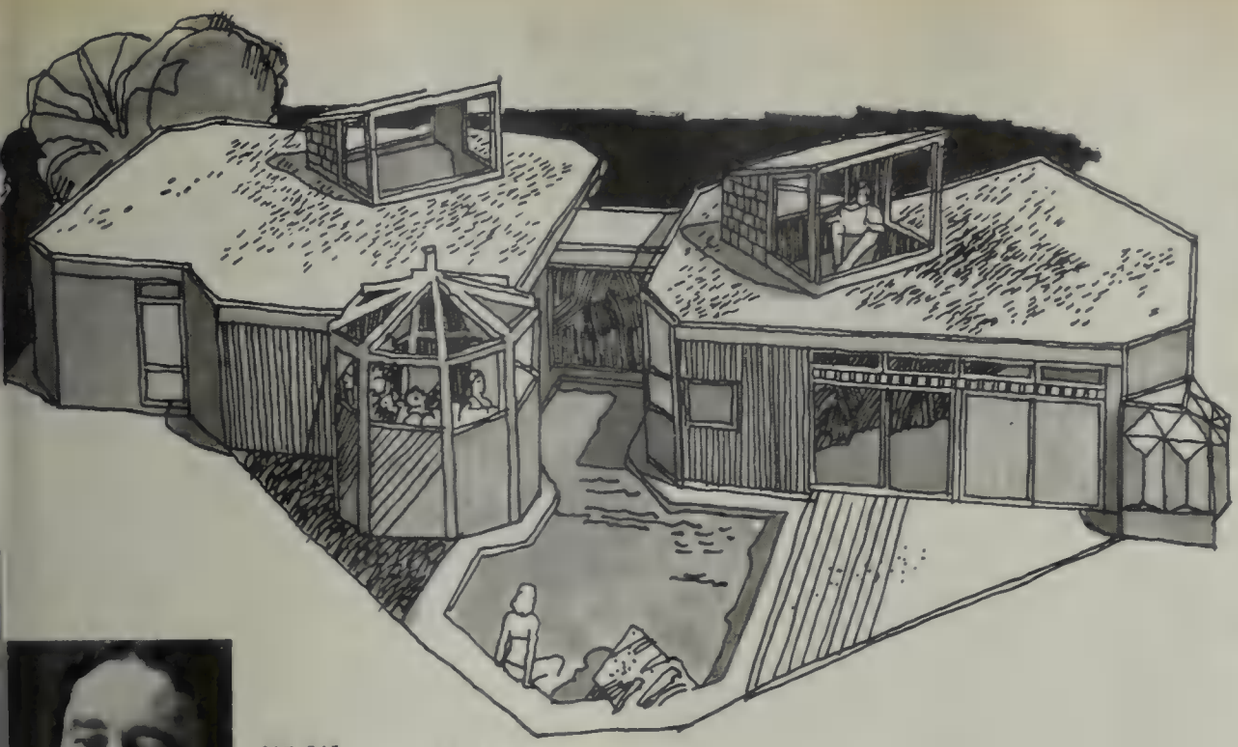
Participants, pictured here next to their houses, are William Turnbull and Richard Garlinghouse from MLTW-Turnbull Associates, widely known for their work at Sea Ranch on California's north coast; William W. Kirsch, honored for a stained-glass house constructed of old barn wood, reported in the October 197[illegible] *Sunset;* and Rodney Friedman, a partner in Fisher-Friedman Associates, whose condominium project appeared on the cover of last month's *Sunset.*

The architects presented floor plans and scale models for their proposed houses at a meeting in San Francisco a few weeks ago. Several days later, plans and

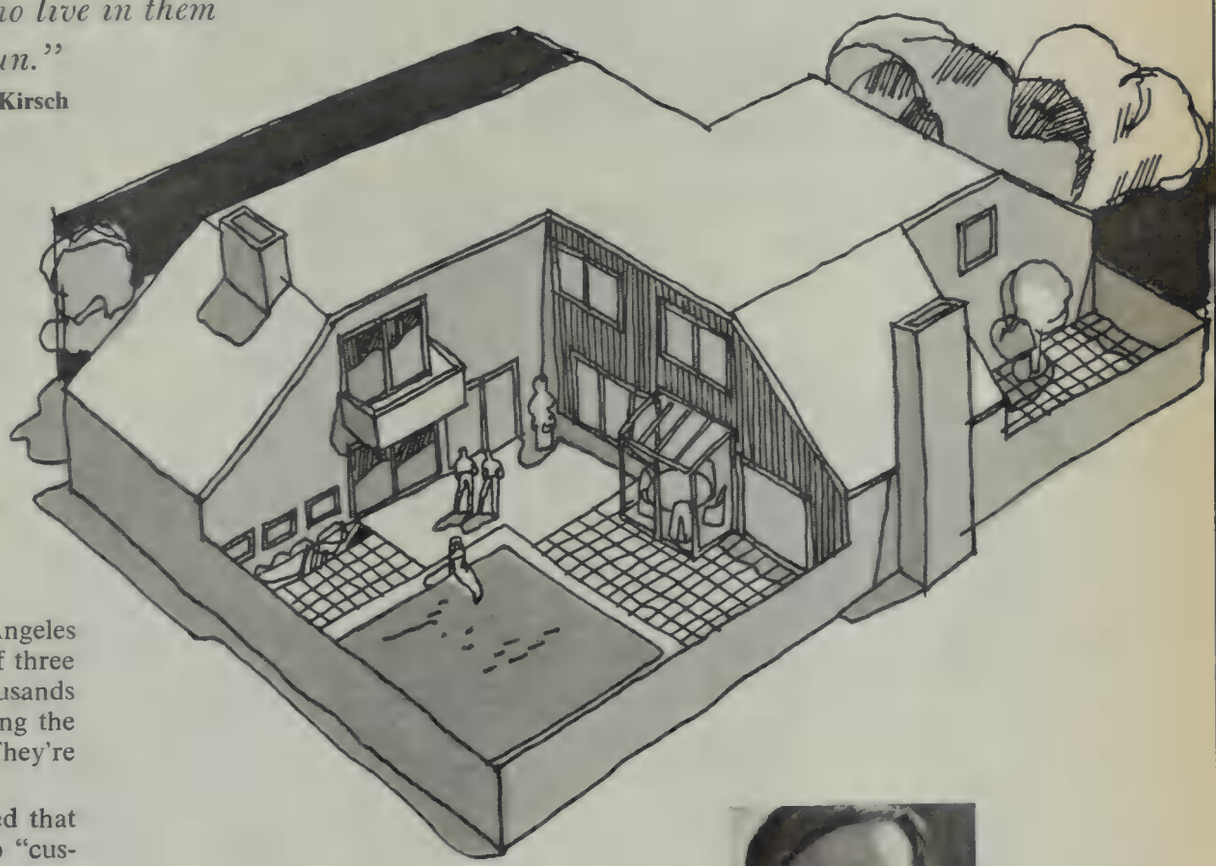
Builders who reviewed the plans are, from left, John Galvin (president, William Lyon); Bob Albertson (vice-president marketing, William Lyon); Bill Pauli (director of design, Kaufman & Broad); Robert MacLeod, Jr. (manager marketing services, Larwin)



MERGE STUDI[illegible]



"I like my spaces to be playful. I like the people who live in them to have fun."
William W. Kirsch



odels were presented in Los Angeles r a critique by representatives of three ·ge builders, whose firms sell thousands houses each year and are among the ıders in mass-built housing. They're :tured below left.

this critique, the builders stated that the proposed houses were too "cus-nized" and too costly for the mass ırket. Only the Friedman entry came se to their standards for buildable use design. They examined ways to oaden the appeal of each house for the dest percentage of the house-buying ırket. They defended buyers' interests calling for additional storage and ınter space and more direct flow of ffic. Somewhat less convincing were ·ir arguments that in this price range stomers demand double front doors, d reject flat roofs, carports, and shed ofs with no eaves. On the next three ges we discuss each house.

"There is almost no contemporary housing being provided in a single family detached subdivision today."
Rodney F. Friedman, Fisher-Friedman Associates

Generous court is enfolded by the house

Turnbull and Garlinghouse rearranged the spaces of the usual tract house and added some new spaces.

They offer a "super gazebo" at the center of the house—a lofty, unroofed space with unglazed windows in high walls to shade out extreme desert or Southern California heat. A canvas cover could provide variable exposure to the sun in the temperate but changeable San Francisco Bay Area. In the rainy Northwest, a roof could convert the space to a sheltered porch. In mountain country, given a solid roof and glazed windows, it's an unheated extra living room.

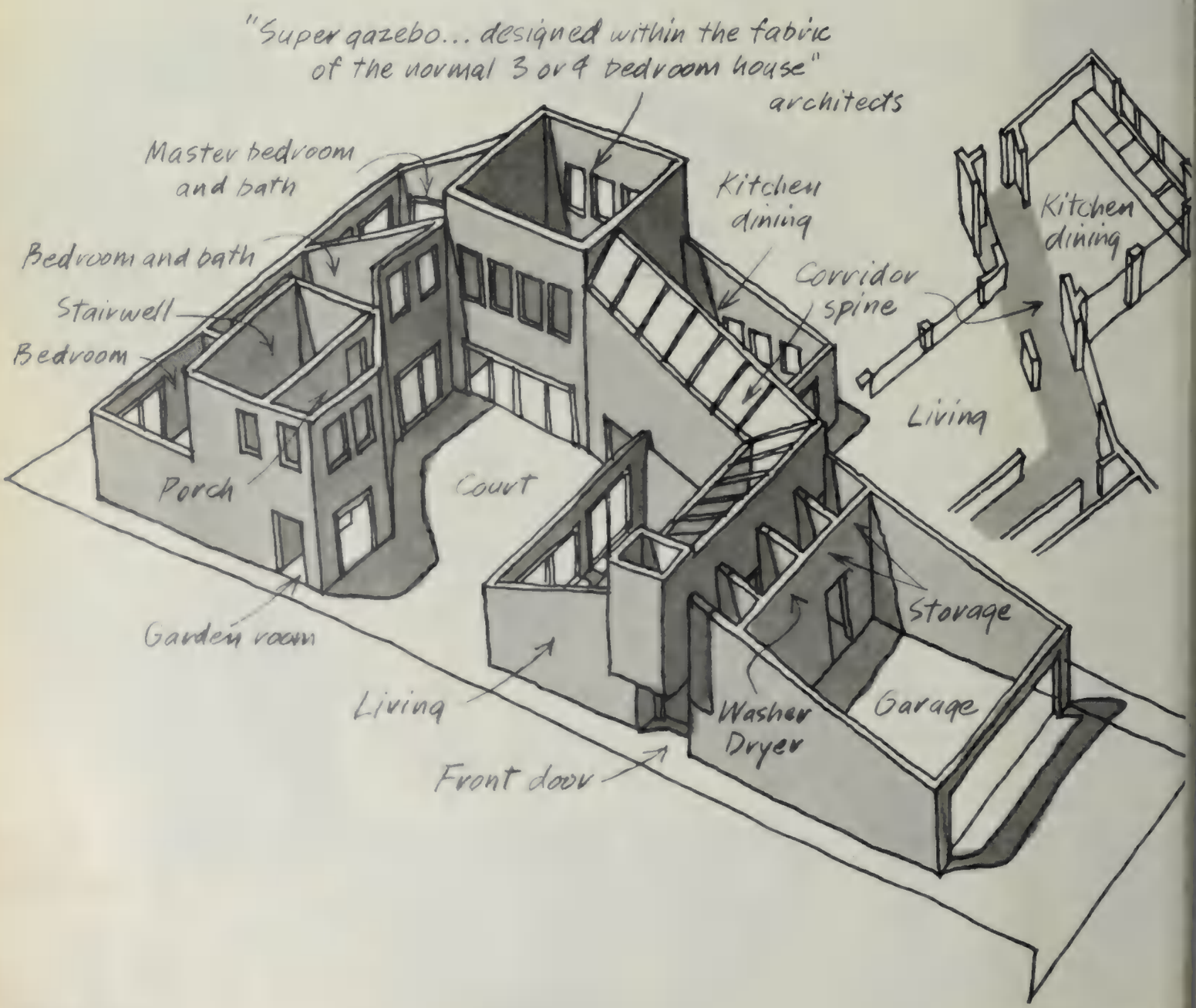
To escape the feeling of a box that comes with the economy of a foursquare house, the architects established a corridor spine defined by natural light from above, not by walls (there's a minimum of walls along this passage). The corridor cuts at an angle past the living room and kitchen-dining room, and these rooms all share its light, space, and angles.

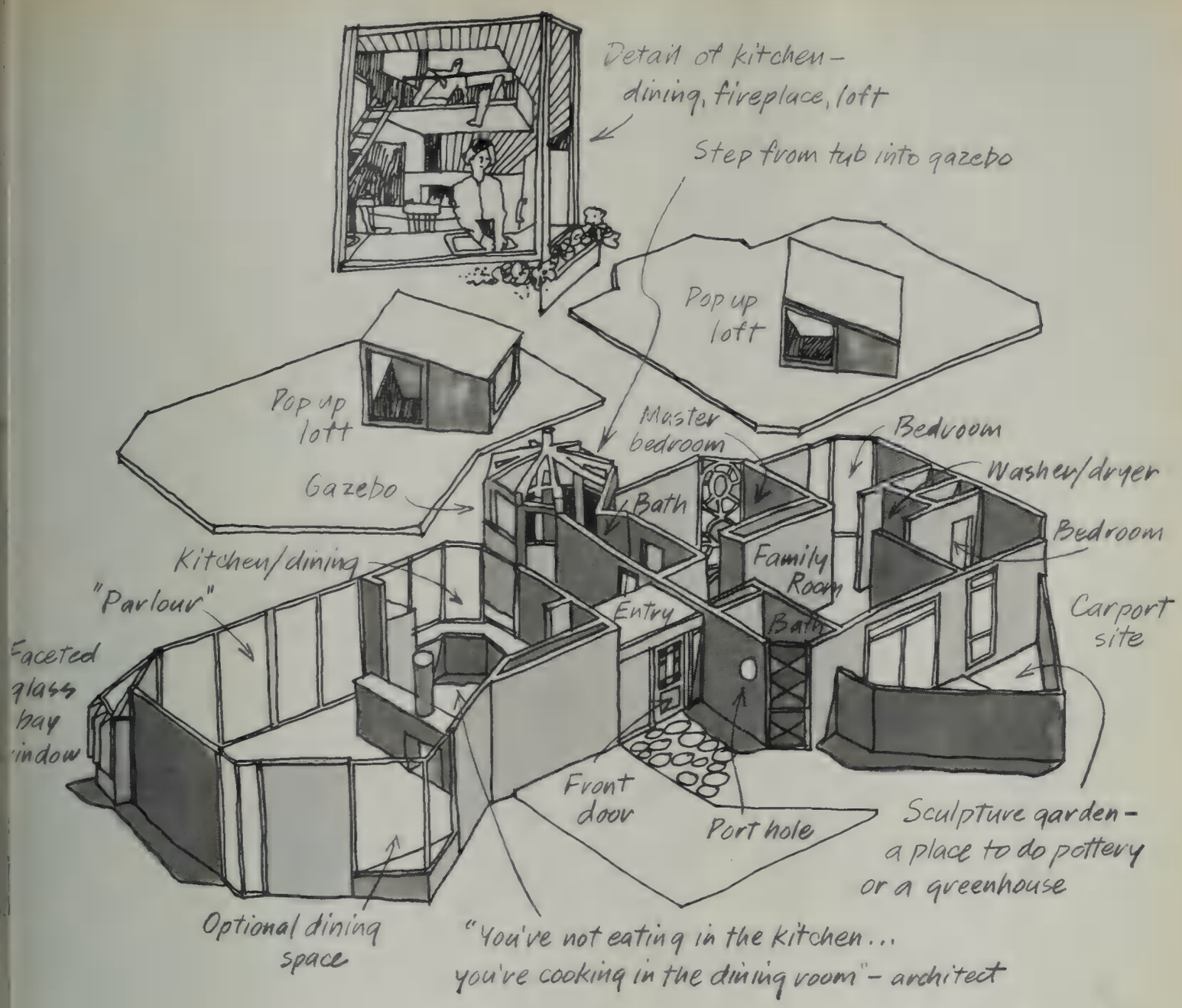
The architects kept in mind the fact that families are not static. This house can start with one bedroom, and more rooms could be added. (Under new FHA and VA regulations there is no prepayment penalty for refinancing house additions.)

Developers admired the generous court enfolded by the house. They remained unconvinced of the utility of the super gazebo's open-to-outdoors space and probably would enclose it for use as a conventional family room. They foresaw a problem of warranty with the transparent roofing and great expense in constructing the diagonal hallway.

All the builders at the meeting sell houses that provide an option for roofed, unfinished space. They pointed out that this is more efficient than adding on by building from the ground up later on.

This is an expensive house, one the builders felt would need four bedrooms to sell in their market.





Instead of the usual box . . . twin pavilions

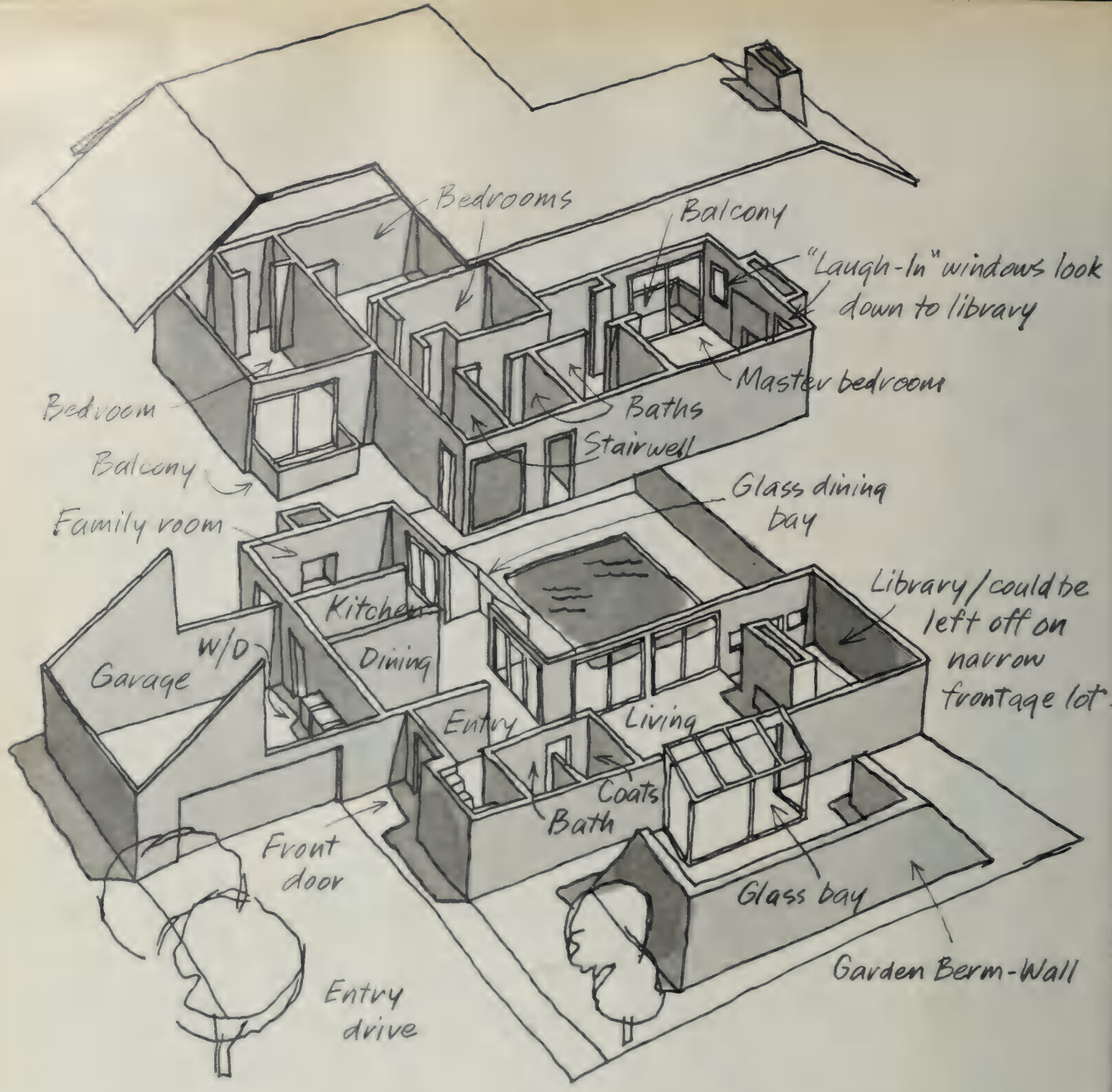
irsch's house fits the mood of the day. here's nostalgia in the formal English parlour," and "farm kitchen." He species a recycled old front door and brings a craftsman for the parlour's inexpensive silicone-bonded bay window.

he architect explains, "I took the box ape and made a public pavilion and a rivate pavilion out of it. I clipped corers off of the box to soften it and opped things up and out and changed e shapes to deal with sun and view. here's a lot of cross traffic in this house, hich in some cases people consider utter. I don't. I think that people can ove more easily in houses that are more formally planned." The house has no onventional hallways, and from almost y point in the house you can see what's oing on in other rooms.

he kitchen is a command post; it's the nter of the house. It has a fireplace d space for a large table for preparing od and for family gatherings. You can climb up to the loft for privacy or to look over the cook's shoulder.

Developers were troubled by this house. They didn't like the floor plan. And at their estimated cost of $45,000, they felt it would be too expensive for a house of only 1,700 square feet.

They criticized the view on entering the house: to the right the washer and dryer; to the left the blank wall of the parlour. The gazebo, connected to the master bath, is too private a space. They rejected outright having to pass through the kitchen on the way to the parlour. Walking through the family room to the bath and the children's bedrooms destroys use of family room space and its location in the bedroom wing would disturb early-to-bed sleeping. It appears to be a difficult house in which to find wall space for furniture. They rejected the roof "pop-ups" as industrial in appearance, inaccessible, and not visually enlarging the interior space.



Sleeping above, living below, modular plan

Friedman says of his plan, "We took a pragmatic approach to the techniques of putting something together." Its construction rigidly adheres to the discipline of plywood.

The standard size of plywood (4-foot width) on the exterior of this house determines its size and shape. The house is laid out in 4-foot modules. Sticking rigidly to the modular plan involves less cutting and fitting on site and less waste, and it may allow a bigger house for less money than an odd-sized smaller one.

This house with four bedrooms, family room, and library could also be scaled down to three bedrooms. The largest option contains 1,800 square feet. Friedman estimates it can be built for about $12 a square foot. (This is builder's basic cost before land and land development costs, overhead, and profit.)

The glass bays off the living room and family dining space give the house a custom look.

With this kind of construction, the cha lenge is to keep plywood siding fro looking like a packing crate witho grooving it to look like planking.

Developers approved of the traffic flo through the house. The expense of interior fireplace in the living room cou be reduced by placing it against the f wall, giving the option of an enlarg living room, a den with a wet bar, a brary area, or a conversation pit. Th suggested that the stairs could drop rectly into the living room to add gla our and drama and to increase a sen of room size.

Some of the builders liked the effici corridor-type kitchen, but pointed that most buyers prefer an L-shaped single-wall kitchen with an island. A m jority believed that the lack of eave ov hangs results in a sterile appearance t might repel buyers.

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The Changing Western Home®

A firepole at home

Besides saving wear and tear on the carpet, this two-story fire pole is the fastest way to get downstairs, and it's more fun than walking. A conventional staircase and banister circles it, but a hinged gate in the second floor railing gives access to the pole.

The Don Starner family of Palo Alto, California, decided the pole should go in when they added a second story to their house. Mr. Starner went to a local fire station to take some measurements.

He installed the pole 17½ inches away from the staircase, leaving ample room for children and adults to slide down, but still keeping within comfortable reaching distance from the second-floor landing.

The 19-foot, satin-finish, aluminum pipe of 3½-inch diameter was purchased through a miscellaneous-metal supply dealer for about $250. It was lowered through a ceiling-mounted, chromium-plated sleeve (from a recessed ceiling lamp) before the roof was finished. The pole has a plate on the bottom which is threaded onto a bolt imbedded in the concrete floor, so the pole can be raised if the carpet needs to be replaced.

In use for 3 years, the pole has been tried by people aged 4 to 88 with no accidents.

Something new in crowbars?

Believe it or not, there is something new in crowbars. It's a combination wrecking, crow, and lifting bar.

This bar has an extra twist at one end so it can reach between wall studs and into other tight places where conventional bars won't fit. And it can supply more leverage and pry up things straighter than most kinds of conventional bars.

The ¾-inch-thick, hexagon-shaped bar, called the Sweetie-Pry, is available in 17, 27, and 37-inch lengths at Western hardware stores and from the manufacturer, J. D. F. Enterprises, Inc., 712 Dunn Way, Placentia, Calif. 92670. Prices range from about $10 to about $15.

Choosing paint combinations

One way to select new paint colors for the exterior of your house is to trace a photograph of the house on paper and use crayons, pencils, or even paint samples to color in possible combinations for walls and trim.

A small, black and white snapshot can be blown up to an 8 by 10-inch print for less than $2. Make your tracing and then reproduce it several times on a photo-copier. This way you can test a number of color schemes. The method helps to show the overall effect of color combinations—which colors make areas recede, which make them more prominent, and which you like best.

Mrs. Karen Galloway's one-of-a-kind collection.

(She put it together from six of our Drexel Collections.)

Karen went into her nearest Drexel store one morning—and a few hours later, came out with a family room. Her own, "Looks just like you, Karen" family room.

She scanned our many different collections. Studied our twenty-seven catalogs. Our designer rooms. Her salesman pitched in and trundled a Shaker credenza alongside a bamboo desk, so she could see how the two styles would mix.

And so, with conversation sofas from our Upholstery Collection; and autumn warmth underfoot from our Carpet Collection; and candlestick lamps from our Accessory Collection; and other favorites from other collections; she soon put together her own personal style. And she was able to concentrate solely on creating her "look" because Drexel takes care of the workmanship.

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Nesting boxes

They set stages for plants or for people

NORMAN A. PLATE

Nesting *boxes fit on their own rolling storage cart*

Larger boxes require two people to lift—the 18-inch siding makes them heavy

When arranged on the patio as a picnic table and benches, wooden boxes of varying sizes create the pleasing notion of enclosed space and random levels. Set side by side they make a formal setting for potted plants.

Children are attracted to them like cats to a paper bag. In their hands boxes become oversized building blocks, or props for a backyard theater. And when you're

Unstacked *boxes can be arranged to accommodate large groups, or create intimate settings*

h in the Colorado Rockies sits
ıpty log cabin.
nearest fire department? Miles
in the next county.
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ı up here it blew down a near-
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Johns-Manville just put a new kind of fiberglass roof on this old log cabin to make a point about fire about wind about beauty about value.

The house on the hill by Barwick carpets.

In this hillside house, the focal point is the stairway. That's why the carpet chosen for it was Parkside,® Barwick's exciting new patterned shag. Notice the sculptured diamond effect. This patterning brings a whole new dimension to shag styling because it creates a carpet that goes equally as well in formal living areas as in casual ones. Wearability and cleanability are great, too. The pile is of durable, soil-resistant 100% nylon. Even the colors are soil-hiding. In all, Parkside comes in 12 sensational tweed color combinations. See them and Barwick's other outstanding carpets now at better dealers. For the name and address of the Barwick dealer nearest you call this toll-free number:
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They *also make durable and attractive stands for displaying potted plants*

NORMAN A. PLATE

Boxes *serve equally well in make-believe stage set for a make-believe play*

Five sheets of siding make nesting set of six boxes

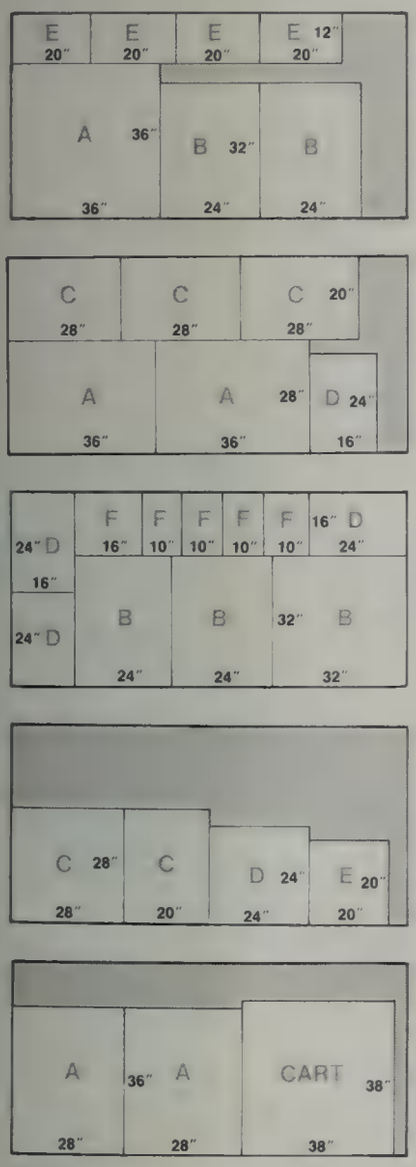
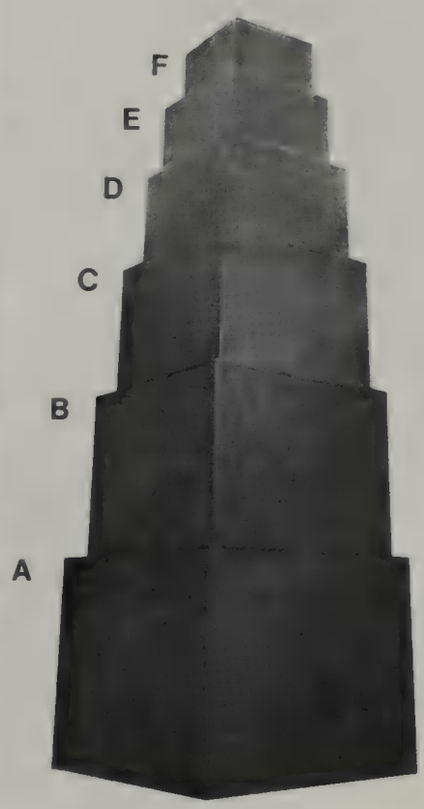


Diagram *at left shows how to cut the 4 by 8 plywood sheets. Measurements are rounded off to nearest inch. Be sure to allow for width of saw kerf. One way: Make dimensions ⅛-inch less than indicated*



done with these boxes, they fit inside each other to be carted off for storage.

The boxes shown here were built from five sheets of ⅝-inch exterior plywood siding. The only tools used were a circular saw and a hammer. The pieces of ⅝-inch plywood, glued and nailed together, make the boxes sturdy enough to stand on. Less expensive exterior plywood could also be used where appearance is not as important as cost. This complete set of outdoor furniture, including a caster-fitted cart, cost $95.

The diagram at far right tells how to cut the plywood. But one final step is needed to make each box square, for easy stacking: Trim 1½ inches off the width of two of the side pieces for each box. Join them with the two wider side pieces in a simple butt joint; cover with the square top piece.

To make all the joints, use waterproof resorcinol glue and galvanized finishing nails. If you use the rough-sawn siding, a quick sweeping with a wire brush will help reduce splinters. Cushions can be added for more comfortable seating. The boxes can be stained, oiled, or left natural, but a stain helps to disguise the butt joints. Scraps can be used for more boxes or other outdoor projects. □

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GLENN CHRISTIANSEN

Pushed together. *Table flush with cooktop adds extra work surface. Cooktop is 2 by 6 feet, table 4 by 6 feet*

Cooktop *island has 2 by 4's that extend 7 inches under table to stabilize the two when joined*

The big table can move right up to the cooking island

Pulled apart. *Work space turns into two units: a cooktop area and a family eating table for 10*

The compact kitchen work space pictured here combines a permanent six-burner cooking island with a movable dining table. When the table is flush with the island, there's additional space for food preparation. Apart, more people can be seated at the table.

Both table top and range top are of laminated maple and their close proximity to the table is especially useful for the numerous dishes of traditional Oriental cooking. And the setup is great for the cook, who can keep an eye on the kitchen as well as join in the table conversation.

The architect was Dartmond Cherk for the Sai Lui family of San Francisco. ■

Out In

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GERALD R. FRIDRICK

A group of parents *gave new life to the walls of an Oakland elementary school by painting on clouds and a blue sky*

COMMUNITY ACTION:

Parents put a fresh face on their children's schools

Last year, two groups of parents in the San Francisco Bay Area grabbed their paint brushes and went to work on their children's schools. In both cases, the paint jobs did more than spruce up some walls in need of it. They gave the schools a special look of their own.

Fanciful clouds now float across a blue sky painted on walls of an Oakland school. And an Orinda school, in addition to having a freshly painted exterior, now boasts brightly colored, oversize numbers on its classroom doors.

At Oakland's Anthony Chabot Elementary School, it appeared that a cluster of "temporary" buildings, in use more than twenty years, would go unpainted another year because of lack of funds.

Parents of children at the school, already organized into a group called the Chabot Community Council with a history of school and community action, raised funds for a school painting project by charging admission to neighborhood potluck dinners and winetasting parties held at members' homes.

Then a banner was hung at the school that announced the times and dates when painting would be done, and children took printed announcements home.

A member of the group, Harriet Gu lassa, did the sky and cloud graphic on the walls of several of the tem porary buildings and the auditorium. She climbed a ladder to rough out the desig with a paint roller. Other member painted it in. Other exterior surfaces o the buildings were also given a new, bu more conventional coat of paint.

Parents of children at Orinda's Gloriett Elementary also faced the problem c dull, peeling walls and meager distric funds. The school's administrators ac cepted an offer from parents: The di trict would provide the paint and th materials, and the parents would provid

Students *helped out too. Most of the paint went on the buildings*

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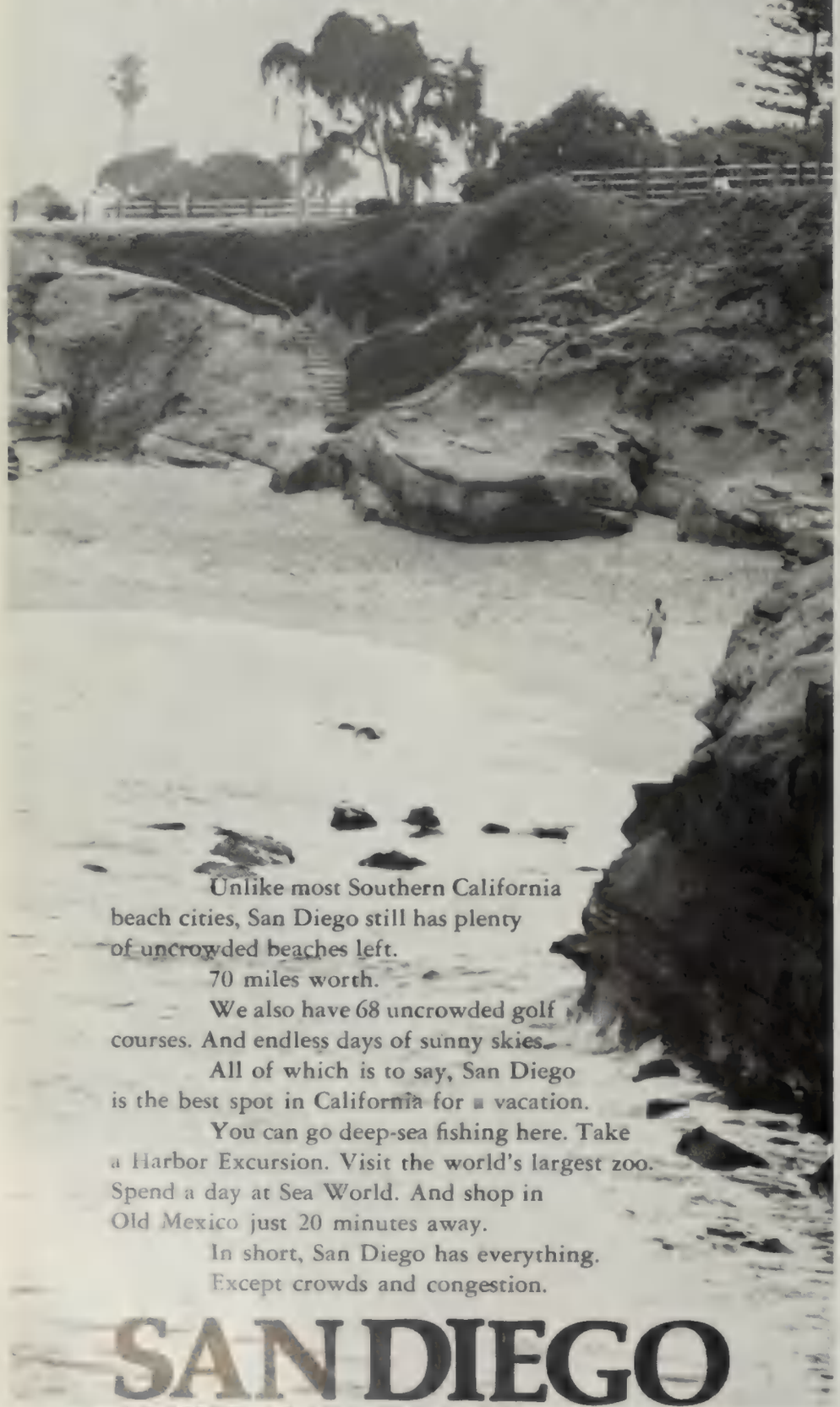

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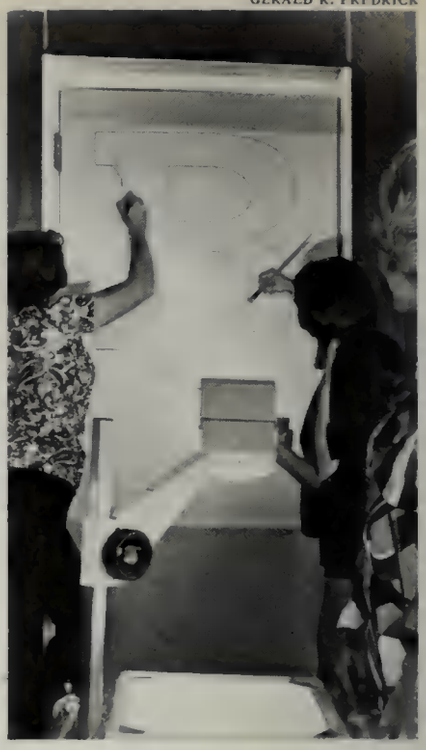

Parents *at Orinda's Glorietta School used opaque projectors and a steady hand to paint these oversize numbers and letters*

labor—close to 1,300 hours worth.

Parents picked a color scheme with the help of architects in the group and painted the exterior. Then they color-coded the doors in each of the school's wings so that children could tell the wings apart.

The door numbers were first drawn to scale on paper, then projected onto the door's surface with an opaque projector —a teaching device found in most schools.

To accomplish all this, parents divided themselves into teams; a sanding and scraping crew, exterior wall painters and a graphics committee to add the final flourishes.

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A. SALBOSA

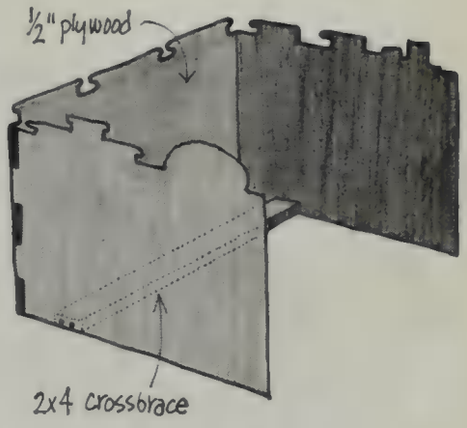
Train *and landscape cut from plywood becomes headboard*

A train around his headboard

Nestled between engine and caboose, young Zak sleeps with the ZKM Express chugging around his bed. The plywood train bearing his own initials keeps him from rolling out of bed and also makes a delightful headboard—and he can sleep in a bed that seems much more grown-up than a crib.

The train was designed and built by Zak's parents, Mr. and Mrs. William Mertens of Wahiawa, Hawaii. They cut the pattern from three pieces of ½-inch plywood and braced it by nailing a 2 by 4 across the bottom (see sketch). The sides are about 30 inches wide and 24 inches high, but dimensions depend on the size bed you're fitting. You can use a band saw, jigsaw, or saber saw to cut out the pattern, and a nontoxic enamel to paint the design.

The headboard is not attached to the bed, so to make the bed up you simply pull it away from the headboard. Total cost of the project, using paint they had on hand, was about $8. □



Large *dovetailed joints make strong corners. Metal L-brackets could also be used*

Children *with tricycles play in newly created pocket park in Seattle's Montlake district; grownups enjoy it too. Park is well lighted at night*

Mounds *of low evergreen Viburnum davidii under hawthorn trees transformed the flat, traffic-dirty island shown above into amenity seen below*

LYN DAVIS

Community Action

Seattle's Operation Triangle turns corner islands into pocket parks

What is Operation Triangle in Seattle? It's a program to mak green street parks out of undeveloped city-owned triangles property where two, three, or more streets come togethe Before they became pocket parks, many were asphalte pedestrian traps or litter magnets.

The idea of landscaping these islands came from the Women Division of the Seattle Chamber of Commerce. Now, seve years later, with 19 parks completed, Seattle has somethin going that could well serve as a model for other cities.

Making pocket parks a reality depends on cooperation amo public and private groups, and individuals. A committee the chamber of commerce called Operation Triangle acts coordinating group. Its target is to complete 50 projects 1977. Twenty-six are scheduled to be finished by next sprin

The neighborhood or district wishing to transform an ugly dangerous triangle into a park initiates the project by raisi the first $1,000. The balance of the funding—usually abo $8,000—comes mostly from a bond issue called Forwa

DAVE BARNES

STEVE MARTS

Worn *and weedy grass plot (left) in West Seattle became a park (above) when planted with Mugho pines, Euonymous radicans ground cover, flowering ash trees*

Scarlet *oak trees and beds of salal mark pocket park to woman's left at Columbia Way and Spokane Street. Blooms of candytuft in foreground are on private property*

nrust, which was passed by King County in 1968.

ne Operation Triangle committee organizes the efforts of concerned—volunteers, neighborhood sponsoring groups d city departments—to get the parks built. Ultimately, the rks are installed and administered by the City of Seattle epartment of Engineering.

cluded in construction cost may be such things as removal existing paving, and relocation of utilities and curbing.

sts also cover landscaping—paving, possibly benches, perps a bus shelter or a fountain—plus the first year's maintence. After that, the City engineering department takes over aintenance. Overall costs of establishing these parks have eraged about $2.30 a square foot.

ch site has its own design problems, depending upon size, ation, and projected use. Landscape architects in the engiering department draw the site plan. Before finally accept- a landscape design, the engineering department seeks the vice and consent of traffic and lighting engineers, commuy development planners, sewer and drainage experts, the transit department, and citizens' groups. The Seattle sign Commission also reviews each finished plan.

en the first pocket parks were installed, a Horticultural visory Board was established to oversee plantings. The rd's landscape architects and horticulturalists study each k site and recommend plants most likely to succeed, with phasis on trees and low-maintenance ground covers.

yone interested in learning more about Operation Triangle receive detailed how-to-do-it material by sending $2.50 he Seattle Chamber of Commerce, *Seattle Beautiful Comtee,* 215 Columbia St., Seattle, Wash. 98104. □

Comfortable *bus shelter on Lakeside Avenue South, set off with salal and dogwood trees, make this once-ugly site useful and attractive*

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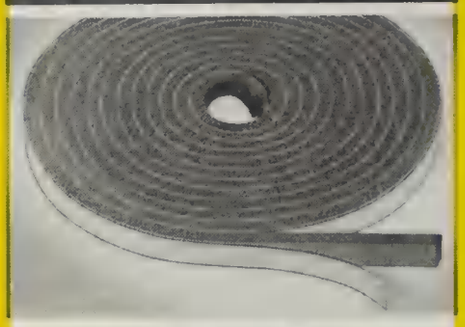

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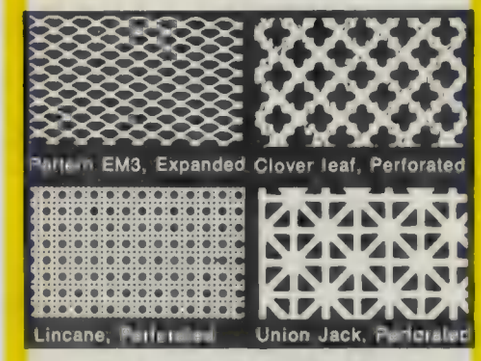

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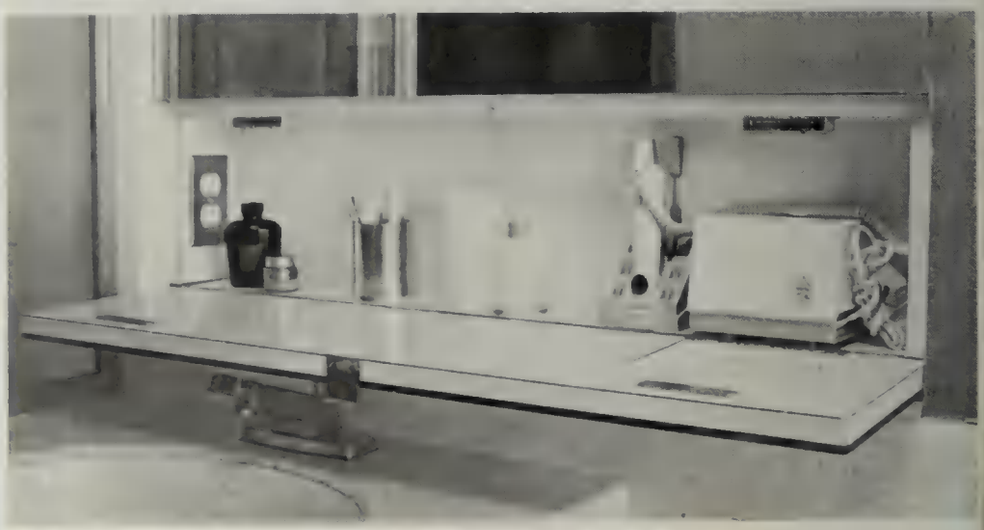

Mirror-covered *door swings down on piano hinge only 90° to keep glass from hitting faucet*

In-the-wall cabinets are just one stud deep

A pair of in-the-wall cabinets handle special storage in this small bathroom. Neither takes up extra space or complicates cleaning. The one pictured above is recessed behind the lower section of the bathroom mirror; the other, on a different wall, disappears into the wall when its door is closed.

As designed by the architectural firm of Wagstaff & McDonald for James F. Reed, III, of San Anselmo, California, both cabinets are only one wall stud deep. Inside, they are lined with plastic laminate and have electric outlets at both ends. The mirror cabinet has four magnetic catches to keep it closed and a small handle to open it. A touch latch opens the shaving cabinet, which is covered with the same wallpaper as the wall around it. □

Mirror *pulls out to give the shaver a close-up view*

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Painting with yarn on sun-warmed beeswax

RICHARD FISH

Huichol *Indian artist Ramon Silva is pressing in yarn outlines of bird to top off tree design*

DARROW M. WATT

Variations *by non Indians. Loopy circles around mirror, fanciful bird, hotdog and bun*

Yarn painting comes to us from the Hu chol Indians of western Mexico. In wa warmed by the sun they carefully ou line symbols important to them (ofte religious in nature), then deftly app yarn to make their pictures. The tec nique is simple to follow—and offers pleasant excuse for spending some tin in the sun.

You need only three materials: har board or plywood to use as a firm bac ing, sheets of beeswax (8 by 16-inc sheets are available in hobby shops f about 50 cents a sheet), and yarn in yo favorite colors.

Sketch your design on paper first, the cut backing material to whatever si painting you want. Lay beeswax on t of backing and trim any overhang wi scissors. Place it in the sun for a fe minutes until it's soft, and press the wa down flat to secure it to the backin Then take the panel into the shade.

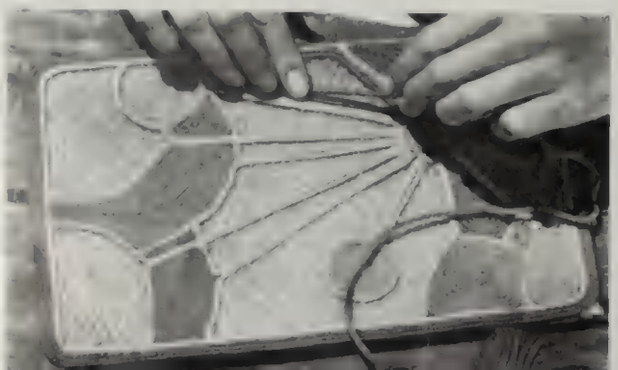
Scratch the design in the soft wax wi an ice pick, sharp pencil, or other shar pointed object, but don't use a markin or ink pen, which might bleed color in the yarn.

Set the drawing in the sun again to r soften wax, and begin pressing the ya along the outermost edges to make border pattern. The yarn will adhere the soft wax; work toward the cente Within this border, outline main desig areas with yarn.

Fill in small areas at a time by windi yarn inward from the border toward t center. If you have a large space to f with one color, break up the area wi separate yarn lengths placed in whir as in the hot dog painting at left.

Keep the wax soft enough for the yarn stick, but not so soft that liquefied wa soaks into the yarn. Depending upon t climate and the season, you can wo partly or entirely in the sun.

Outlines *of shapes go on natural wax base, then inlaid areas filled in with yarn for incredible patterns*



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EXTENSION CORDS: Safety and dangers

When an extension cord is needed around the house, people all too often simply grab the nearest one long enough and plug it in. Most of the time that works just fine. Other times it leads to an overheated cord, a blown fuse, or a burned-out appliance. Occasionally the result is a tragic fire or fatal shock.

Trouble develops when people assume all extension cords are alike except for their lengths. But because extension cords are used so many different ways, they're available today in many different wire sizes and with different connectors at their two ends.

This article takes the guesswork out of using extension cords by summarizing what should be considered when buying a new cord for normal around-the-house jobs. We also discuss making your own cords, and how to check whether cords already in use are safe. If you still have questions or plan to use an extension cord in an unusual way, better consult an electrician.

Buying extension cords

When purchasing a new extension cord, you need to consider three points: length, load capacity (volts and amps), and connectors.

Length. Measure the distance from the wall outlet to the appliance or tool you plan to plug into the cord. A cord that is very long can be a fire hazard due to overheating. It is prudent to use a cord just long enough to bridge the gap.

Load capacity. Every extension cord worth buying states the number of volts and amps it was made to handle safely, but you may have to search for this rating. Manufacturers sometimes list load capacity in small type on the cord's package. The best guide is the Underwriters' Laboratory (UL) tag—a small round, usually blue tag that is strung right on the wire of most new cords. It states maximum recommended volts and amps. The bigger a cord's load capacity, the bigger its wires. (For future uses of cords you buy, mark load capacity right on the cord.)

Most houses are wired both for 220 to 230 volts and for 115 to 120 volts. The higher voltages are used for heavy appliances, such as freezers, stoves, and electric dryers. They have wall outlets with odd-looking socket configurations that are more widely spaced than sockets on low voltage outlets. Never use extension cords in high voltage outlets; you need special cords to handle the heavy loads. In this article, we're concerned solely with low voltage (115 to 120) and typical extension cords.

Amperes—key to safe load capacity

You also need to check how many amps your new extension cord will carry to power the tool or appliance connected to it. The more amps you ask of a cord, the more carefully you should handle it; danger increases as amps increase.

Typically, every appliance has a nameplate attached to it that states the amperage requirement of the device and the manufacturer's name. If amperage is not shown anywhere on the device—true of light bulbs and appliances without motors—but wattage is shown, you can approximate amps by dividing watts by volts (115 to 120).

Motors are a special case because they're generally labeled in horsepower rather than amps. Here are typical amperage requirements for motors commonly used in homes: ¼-hp motor 5 amps, ½-hp motor 13.8 amps, 1-hp motor 16 amps. Check nameplate or write manufacturer.

Once you've determined the amperage requirement of every device you plan to plug into the cord at any one time, add them up. The extension cord selected should have an amperage capacity that equals or exceeds the sum. If you cannot find the cord's rating, assume a 5-amp capacity. Be extra cautious wh

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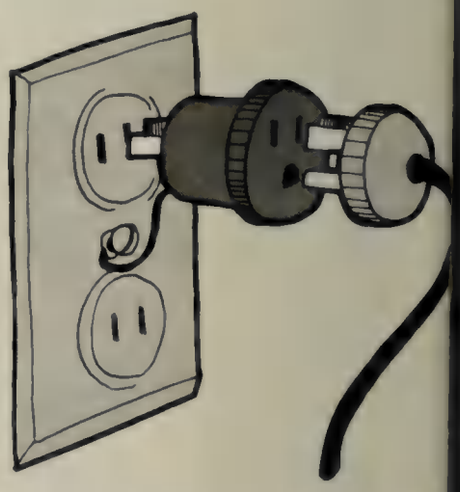
connecting heavy users, such as large horsepower motors, toasters, and port able space heaters.

A 115 to 120-volt wall outlet can sup ply from 15 to 20 amps. You shoul find out how many amps your hous was wired to handle, use fuses that wil blow if loads exceed that amount, an keep extension cord loads (and all load on the same circuit) below it. In house that use fuses rather than circuit break ers, a good rule of thumb, if you don know the amperage limitations of you house, is never to use more than 2 amp fuses in wall-outlet circuits.

Connectors. Plugs and sockets are als rated in volts and amps, but for a cord overall safe capacity, follow what th UL tag attached to the wire states. Mo readymade cords have a 15-amp ratin stamped on their plugs, but the overa rating of such cords is usually less.

Probably the safest plugs are the sprin bladed type that look like they we folded at the middle to make doub prongs.

Most extension cords used indoors ha the familiar two-pronged plugs. Cor with three-pronged plugs provide app ances with a third-wire safety grou to eliminate shock hazard in case malfunction. Cords with plugs like the should be used only in three-ho grounded outlets or with a proper grounded adapter that is nicknamed "goes inta": A three-pronged plug go into it, and it goes into a two-hole w socket exposing the third wire for e ternal connection to ground—whi sometimes requires more than simp attaching the wire to the wall-out screw.



A three-prong-*to-two-prong adapter can be grounded to wall outlet screw if outlet itself is properly grounded somewhere within house. Or connect wire to a water pipe*

Extension cords that have a UL stating "Suitable for use outdoors" n have a three-pronged plug. Wall ou

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indoors are sometimes not grounded—it's not needed for most household devices—but outdoors, a third-wire ground is essential for personal safety. Without one, shocks can be fatal.

One exception is that power tools with plastic cases eliminate shocks by insulating users from internal malfunction without the need for an external ground. But power tools with metal cases and all appliances when used outdoors should always have a third-wire ground.

Making extension cords

To assemble your own cord, figure out length and load capacity requirements as given above. Then use the National Safety Council chart printed below, which shows the gauge wire you should buy. The gauge of a wire decreases though its actual size increases for heavier and heavier loads. You'll have to select your own connectors, so be sure their ratings at least equal or exceed the cord's capacity.

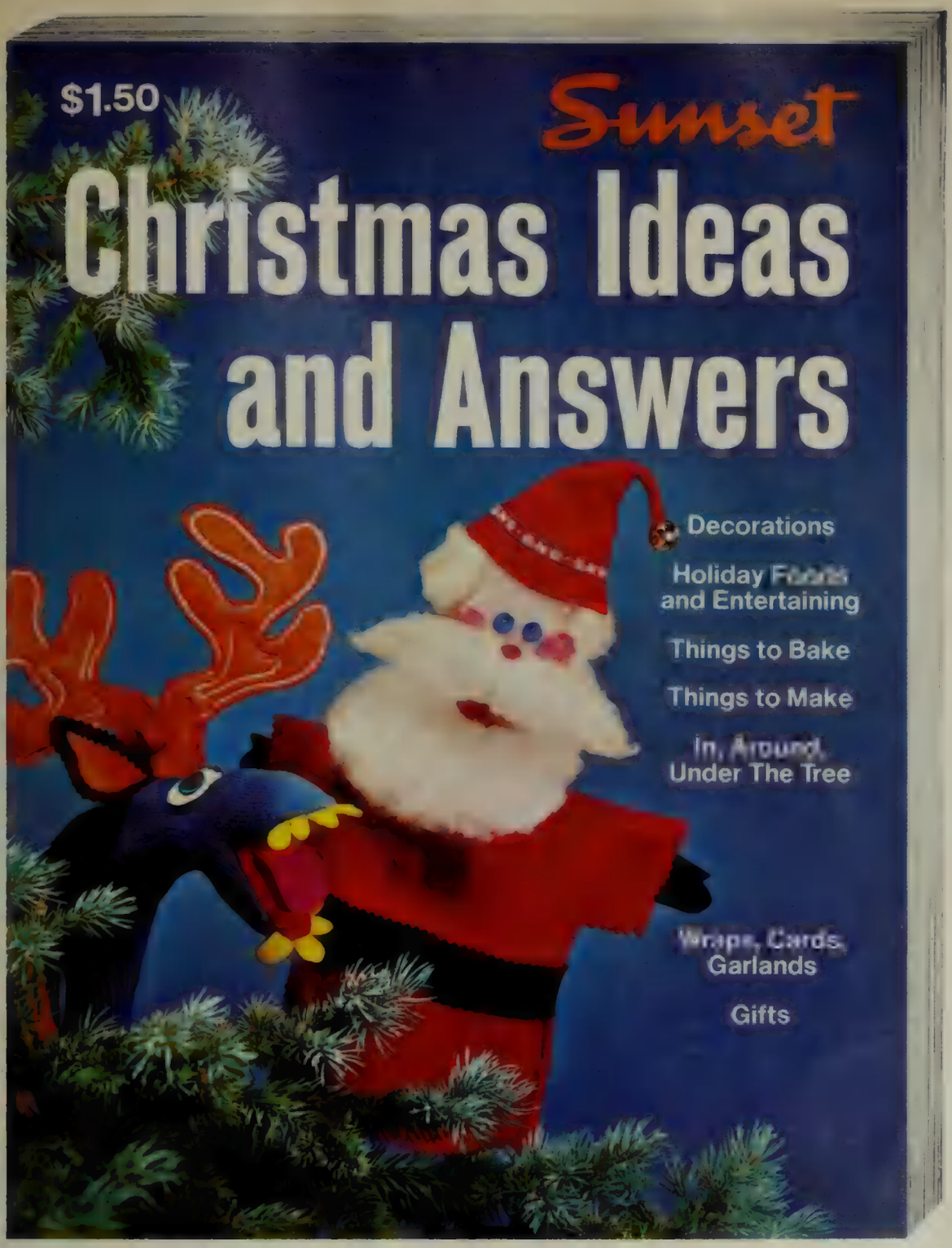
What gauge wire?

Amperes	Extension cord length 25 ft.	50 ft.	75 ft.	100 ft.
2	18	18	18	16
4	18	18	16	14
6	18	16	14	14
8	18	16	14	12
10	16	14	12	12
12	14	14	12	12
14	14	12	10	10
16	12	12	10	10
18	12	12	10	8
20	12	10	8	8

Wire's gauge *(darkest numbers on chart) depend on amps and cord length. Example: 50-foot cord for 8 amps takes 16 gauge*

Checking extension cords

Obviously, the only way you can properly check an extension cord already in use is to know its load capacity. If the UL tag is still on the wire, you can check the cord's capacity against the load you're placing on it. Chances are it's okay if you're using correct fuses in your house, are not overloading, and the cord hasn't been overheating or sparking. But if the cord is frayed or you've experienced any other trouble it would be wise to junk it and install a new cord with a load capacity you know and can check.



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A Partial List of Contents

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HOLIDAY FOOD AND ENTERTAINING A holiday soup party • Gifts from your kitchen • Traditional breads of Christmas • Delicious cooky tree • Mass producing holiday cookies • Tasty Marzipan • Quick canapes • Warmed chestnuts on a winter night • Roast suckling pig • Five European dinners

GIFTS YOU CAN MAKE Delightful sock puppets • A child's own artwork displayed in a charming quilt • A rolling doll house • Leather belts in less than an hour • Large scale chess for the patio • Super pillows • Miniature greenhouse • Stilts

GIFTS TO SHOP FOR Good cooks deserve good tools • A telescope for moon watching • A baby tote for a new father • For a creative tinker—soldering gear • Ideas for the ecology-minded gardener • Give a tour tailored to a person's hobby

Today your husband turned 39, again.
And he doesn't feel much like celebrating.
Tonight, you've got to tell him how much
handsomer he is now than when you
married him.

It's a good day for Stouffer's.

Chicken Divan. One of 35 Stouffer's Frozen Prepared Foods.

Stouffer's

Fold-down *front makes convenient work surface. Pots, small tools stored on shelves*

Wall box . . . its face is a table

wall-hung box with a hinged front can ›re garden equipment and also provide work table for potting and other small ›s. It could just as well hold barbecue uipment and a hibachi.

e unit can be screwed or nailed to a ›oden wall or fence. The sides of this -inch-deep box are made of 1 by 12 d 1 by 4 rough redwood. The front, ck, and shelf are made from 1 by 12 igh redwood also. Three 40-inch-long ›y 12's used for the front door-table : nailed together along two 1 by 4 ›ss braces. Four 2 by 4's brace the ners of the box.

e table top is supported by two strap ges, a pair of folding table leg braces, d two legs with doweled tips, which fit › matching holes on door cross ces. When you want to hide the clut- . simply pull off the legs (store them top) and fold up the front. □

DARROW M. WATT

For storage, *remove dowel-tipped legs, fold up front*

Give your family a place in the sun for Christmas.

Spend the winter holidays basking in the warm, dry desert air at Camelback Inn. Enjoy horseback riding, swimming, tennis, and golfing on our Championship Regulation Course. There's nightly dancing and entertainment for you and a Children's Recreation Program for them. Luxurious accommodations. Now open year-round. For reservations, call toll free (800) 228-9290, your Travel Agent, or contact us direct! Fiesta Bowl . . . Dec. 23.

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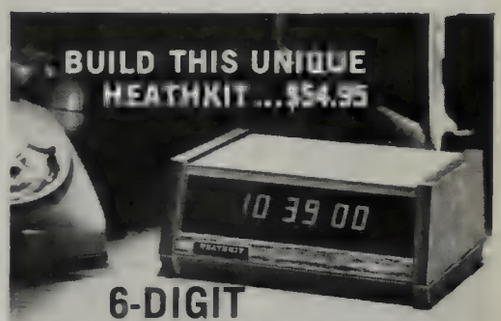
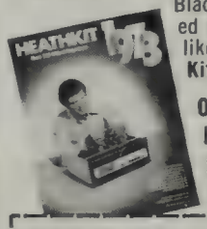


6-DIGIT ELECTRONIC CLOCK

New solid-state silent timepiece with computer-logic accuracy and high-visibility illuminated electronic readout tubes tells time to the second. Reads 12 or 24 hour time on 120 or 240 volts, 50 or 60 cycles. "Beeper" alarm automatically sounds every 24 hours; repeating "snooze" switch gives extra 7 minutes sleep. Assembly manual guides you one easy step at a time to completion in 2 or 3 evenings. Black Cycolac® case with simulated walnut inserts. There's nothing like it at this low kit price.
Kit GC-1005, 4 lbs. $54.95



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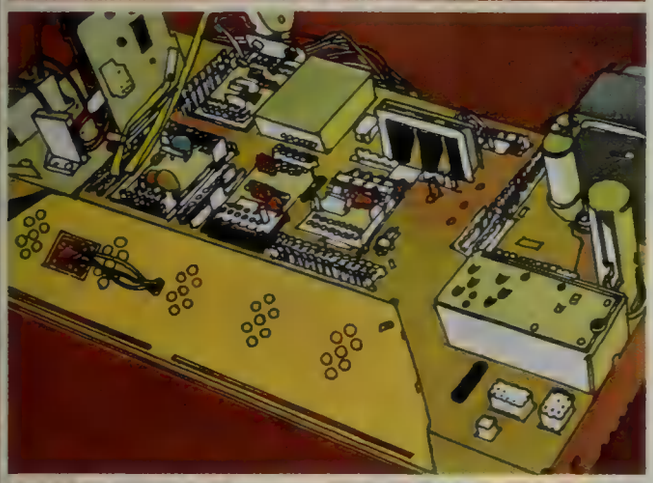
Address_____
City_____State_____Zip_____
Prices & Specifications subject to change without notice.
*Mail order prices; F.O.B. factory. GX-263

ZENITH INTRODUCES TH

Model shown,
the Avanté I, D4760X,
with 25" diagonal screen.
Also available in a wide selection
of other fine-furniture styles.
Simulated TV picture.

COMPLETE COLOR TV



Warranty

If your Zenith solid-state 25" (diagonal) color TV doesn't perform satisfactorily, due to a manufacturing defect—the cost to replace or repair this defect, including labor, will be paid by Zenith Radio Corporation. The labor to be performed by a Zenith dealer or servicing contractor.

This warranty covers a period of one year from the date you purchase the TV, and applies only to original consumer purchase.

The picture tube is warranted for 2 years from date of purchase.

Labor to install the replacement tube is covered during first year of warranty.

Warranty does not cover set installation, setup, adjustment of customer controls, and installation or repair of antenna systems.

It has everything you want, including a picture even brighter and sharper than famous Zenith Chromacolor.

New Super Chromacolor Picture Tube

Zenith has discovered a way to enlarge the color dot area, and still fully illuminate every dot on a black background. To bring you a giant-screen color picture that is even brighter and sharper than the famous Chromacolor picture that set a new standard of excellence in color TV.

100% Solid-State Chassis

Zenith's new solid-state chassis features plug-in Dura-Modules. They control key set functions, such as color, picture quality, and stability. And each Dura-Module is pre-tested, then tested again in the set, for long life and dependability. There are no tubes to burn out.

One-button Color Tuning

Zenith's new Chromatic Tuning controls picture brightness, contrast, tint, color level and flesh tones. If someone mistunes the color, the touch of a finger retunes it perfectly, instantly.

A Full Year Warranty

Zenith's new warranty covers the cost of all parts and service for one year. And the new Super Chromacolor picture tube is warranted for 2 years, labor covered for the first year.

Zenith Quality and Dependability

Most important of all, you get the kind of built-in quality and dependability that have made Zenith world famous. We call this reputation for excellence *Zenith confidence*: knowing you can't buy a better TV.

We are determined to keep this confidence. If a Zenith product doesn't live up to your expectations, we want to hear from you.

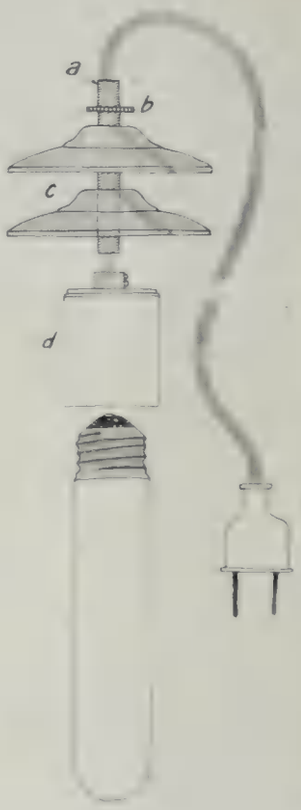
Write directly to the Vice President, Customer Relations, at Zenith Radio Corporation, 1900 N. Austin Avenue, Chicago, Illinois 60639. We want the opportunity to give your problem our personal attention. At Zenith, *the quality goes in before the name goes on.*®

ZENITH SUPER CHROMACOLOR®

DARROW M. WATT

Shade *with 12-inch diameter is molded from balloon. You can vary shade size by using a bigger or smaller balloon*

a. *Nipple*
b. *Finish nut*
c. *Vase caps*
d. *Socket*



You wrap an inflated balloon with glue-soaked string

Winding *string around balloon is easy, but a bit messy*

The twiny spherical lamp pictured at l is made by wrapping an inflated ballo with glue-soaked string. When the g dries, you pop the balloon and rem it, then attach the electrical parts.

You can use almost any absorbent str for the shade: jute, which comes in n ural shades of beige and brown, or i yarn, which comes in a spectrum colors. Avoid stiff materials like fl which won't absorb enough glue to m the shade rigid.

Brass 3¼-inch-diameter vase caps k the bulb safely away from the shade. don't use a bulb bigger than 40 watts

Materials. You need about 5 ounces absorbent yarn or string, a round b loon that has about a 3-inch diame before it's inflated, petroleum jelly ounces of white liquid glue, a can of f resistant spray, a bowl to hold the gl and the electrical parts shown in drawing. Materials cost about $10.

Making the shade. Suspend the infla balloon above newspapers to catch g drippings. Wipe a thin film of petrole jelly over the balloon.

Wind the yarn or string into a loose b Pour glue into bowl, diluting to about water, ⅔ glue. Soak the string in bowl a few minutes. With the ball string still in the glue, take one end slowly pull the whole length betw your fingers to remove excess glue.

Stick one end of the string to the b loon, then wind all the string around Wrap as evenly as possible and leav small oval space about 3¼ inches diameter uncovered at the top; la that's where you'll insert the light soc

Wrap as much string around the ball as you wish, then cut it and tuck in end. Let the string dry overnight bef you pop and remove the balloon. Sp finished shade with fire retardant.

Wiring. Cut a length of number 2, ro 18-2 SVT electrical cord the desi length. Following the drawing, conn the cord's wires to a ⅛-inch thread porcelain socket (letter "d" on drawi Push the other end of the cord throu a ⅛ by 2½-inch threaded brass nip (a). Screw the nipple into the top of porcelain socket and insert a 25 or watt T-10 frosted bulb. Place bulb socket in the shade.

Slip the bottom vase cap (c) onto cord and slide it sideways through oval opening.

Now slip the second vase cap onto cord from the plug end until it rests top of the shade. Pull back on the c until the two vase caps sandwich string shade between them. Slip a inch brass finish nut (b) over the c from the plug end and screw it onto nipple to lock vase caps in place.

Attach a plug to the other end of cord, and you're done.

Aplets & Cotlets are definitely not chocolate. They are made from fruit and nuts. No preservatives added. Imagine the fresh taste of apples or apricots, surrounded by morsels of walnuts. Yet, they aren't chewy and they aren't crisp, either. Instead, they're . . . well, they're Aplets & Cotlets. For more than fifty years people have been buying and enjoying these appetizing candies. In many families they're a traditional gift on special occasions. Many people just keep a dish handy for guests that drop-in during the festive season. Whatever your reason, you'll find Aplets & Cotlets in gift boxes in candy departments everywhere . . . reserved for the people who love candy, but who like the non-chocolate alternative, too.

For holiday candy lovers who don't want chocolate, we offer

the Non-Chocolate Alternative

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Rental scaffolding . . . very useful

The time-saving and safety factors that make scaffolding useful in heavy construction can also apply to jobs around the house, particularly if you're starting a big painting or repair project in hard-to-reach places.

You can rent scaffolding for a relatively low fee, considering the time you'll save by not climbing up and down a ladder every few minutes to reposition yourself. It allows you to stand on a level platform with both hands free. There's plenty of room on each level for paint and tools, and you can work on larger areas of the house without stretching or leaning dangerously. Guard rails, cross braces, and end frames also reduce the chances of falling.

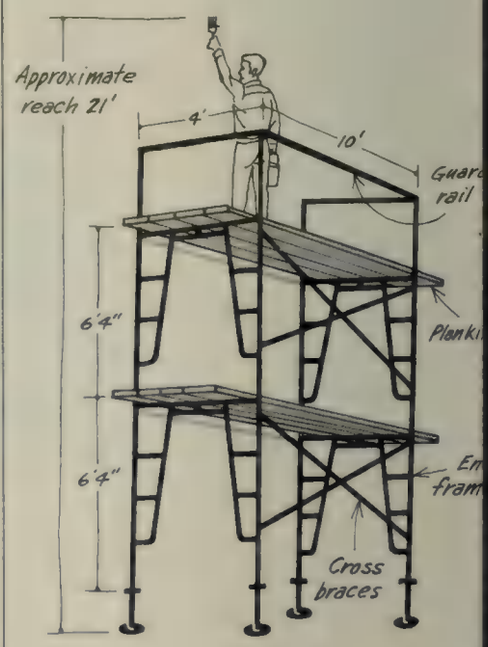
If you're interested in renting, look in the yellow pages of the telephone book under "Scaffolding." A scaffold such as the one shown here, which will allow you to reach well into the eaves of a two-story house, will usually rent for under $20 a month. An extra charge (usually under $50) covers delivery, installation, and removal.

You can often avoid the extra charge b doing the installation and delivery you self. You'll need a trailer to bring th frames and braces home. Once ther everything simply bolts or clamps t gether. Be sure to get assembly ar safety instructions from the dealer.

When installing scaffolding yoursel here are a few points to keep in mind:

A scaffold is usually supported by a justable jacks or casters. Be sure they' on solid ground; if not, place a ba plate of wood under each leg to disper the weight. Make sure all frames a plumb, and compensate for any uneve ness by adjusting the jack rather tha blocking. Lock any wheels. If your lot too steep or if you want to put up a sca fold over stairways or other obstacle you should probably have an expert c the job.

Planking should be of straight-grain 2 b 10's. It should never span more than 1 feet, and should overhang each suppor ing edge by at least a foot. If you "ho scotch" scaffolding (placing two towe 10 feet apart and bridging the gap wi planking), nail planks together, leavi



nail ends bent over for easy remov later. Be sure to rent intermediate guar rails for all open platforms so you do take a step backwards into thin air.

Warn any children who might consid scaffolding an oversized jungle gym. you move scaffolding, remove all plan ing and tools first. Never climb on cro braces, only on end frames or ladde Don't lean against or over guard rails.

Aluminum scaffolding is increasing available in the West as an alternative steel. Lightweight, easy to move, it si ply unfolds into place. A platform a lowing you to reach 21 feet rents f under $70 a month.

After vacuuming with regular rug attachment.

After vacuuming with Sears Powermate attachment.

If you want a really powerful vacuum, here's why you should come to Sears.

The Powermate is a canister and upright in one.

Literally beats deep-down dirt out of rugs. (Look at the actual unretouched photos above.)

Has the most powerful motor we've ever had on any vacuum cleaner—upright or canister.

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ut of the dark
ges and into
the light.
Real Masonite brand wall paneling keeps you from getting just plain board. For example, our new "Valencia White". It takes you out of the dark ages of ordinary wall paneling...all the way into the light, bright side of modern wall decorating.
Valencia White is an authentic reproduction of hand-laid cork. Recreated in a sophisticated white finish on Real Masonite hardboard that cleans easily with a damp cloth. It's part of our "Naturel" series that includes Valencia Natural, as well as other wall panels with the look and texture of marble, stone, and brick. All unique designs that give you a totally different way to decorate your walls. For less than $15 for a 4' x 8' panel.
"Naturel" wall paneling by Masonite. It assures you of getting the same high quality, durability, and ease of installation you've come to expect from Masonite. Stop by your Masonite paneling dealer soon and see the light, bright side of paneling.
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SCANDIA

The fresh, young, natural look!

Breuners presents International interiors that span the decoration gap. The special Scandinavian influence on today's young Contemporary scene is represented with warm earth tones, snow whites, chrome and glass. And it's ingeniously designed to make the most of limited space! The handsome Cal Style dining group has a thick butcher-block table and four sleek white vinyl chairs, with sparkling chrome frames; 5-pcs., 279.50. Selig's 7-foot sofa offers deep comfort you can really sink into; 339.50. It's smart hand-woven look is warm and pleasing, with companion chairs in caramel corduroy; 149.50 each. Wrought iron taper-holders by Dansk, $8 to $26.

116 years of serving the home furnishing needs of Californians is your assurance of Breuners desire to please you. From long experience, we know and provide the many services you require.

No one undersells BREUNERS!
Breuners prices are guaranteed to be the lowest obtainable. If any identical item can be purchased for less within 30 days after delivery anywhere in the local trading area from any store, decorator showroom, discount house or warehouse showroom, the difference will be refunded. The only requirement needed to assure your refund is reasonable proof that the item is being offered to the public at less.

You can be sure it's right at BREUNERS!
A long-established policy is the privilege of returning any item that you do not feel looks right when it is delivered to your home. It's never necessary that an item be damaged or defective for it to be returned to Breuners. Customer satisfaction is, thus, guaranteed every Breuner customer.

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Breuners
COMPLETE HOME FURNISHERS SINCE 1856

Compact workshop *locks when not in us*
Redwood board and batten construction cost less than $50

Workshop on a carport wall

A carport is a good place to park y car, but as a storage area for pos sions like expensive tools it may offer much protection. The carport w area pictured here, built by Martin Stiles of Pacific Palisades, Califor combines a roomy counter with sto cupboards that lock when not in use Three shallow cupboards above counter hold hand tools and other s shop supplies. The middle cupboard a plywood door that opens toward ceiling and is held aloft by a cord runs from door hasp to roof beam. other two doors open on side hin The work counter is 12 feet long a feet wide. Beneath it are three boards that hold table saw, bulky t wood, and other large supplies.

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Dry Semillon
Green Hungarian
Sauterne
Mountain Chablis
Rhine
Dry Watch Sherry
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Tawny Port
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The finest mobile home communities under the sun. Now in Palm Springs and Mesa.

El Dorado in Palm Springs, *Castillo Nuevo* and *Cielo Grande* in Mesa, offer you the Westlear concept of modern mobile home living. And that means spacious rental homesites, individually planned for privacy. It means a world of recreation outside your door—clubhouses are so complete, they *look* like resorts. Each adult community offers a variety of planned activities. The streets are wide, paved and well lit, the landscaping lush. So see what the Westlear Company's been building up to... for you. Write for your free brochure.

Castillo Nuevo and Cielo Grande also provide separate recreational vehicle accommodations... including full hook-ups and unrestricted use of the clubhouse facilities. Write for more information.

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Westlear—an affiliate of Southwest Properties, Inc.

GERALD R. FREDR

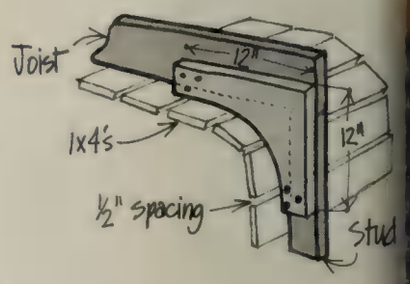
Spaced *1 by 4's extend up wall, curve around corner onto ceiling*

He boarded up wall plus ceiling

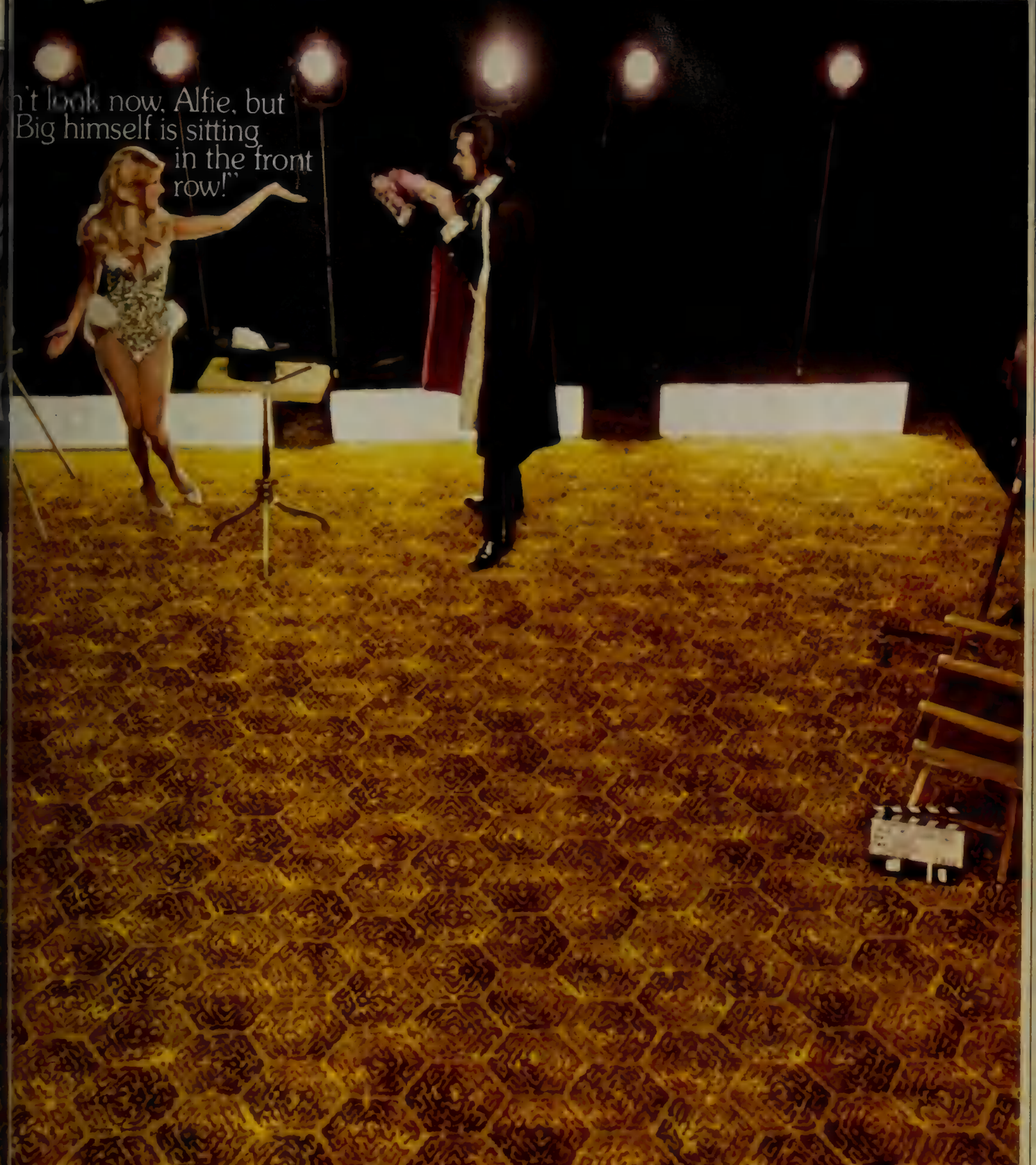
Wall boards round the corner to co tinue across the ceiling and down t opposite wall of this basement fam room in architect Mike Morrison's Sa salito, California, home.

He used a jigsaw to cut nailing bloc from 1-foot lengths of 2 by 12. Each nailed to both a wall stud and a ceili joist as shown in the drawing belo Then he nailed redwood 1 by 4's, inch apart, across studs, nailing bloc and ceiling joists.

In some rooms you might omit the inch spacing, but it's convenient in t family room, which contains a p table, drawing board, woodwork tools, and other hobby equipment. you need to hang pictures, tools, or oth equipment anywhere on the wall is bent piece of coat hanger wire.



Jigsaw-cut *2 by 12's provide backing at corner*



MONARCH MAKES THE SCENE

ch makes the scene with "Scandia Sun"® carpet. th imaginative designs that magically transform om into pure excitement.

ure practicality, too. These stunning saxony print re made of 100% heat set nylon for long lasting, us texture and brilliant colors. As durable as they zling.

ith a dozen fashionably coordinated colors in nique patterns, "Scandia Sun" gives you a bold new medium of expression in today's California lifestyle.

Monarch is one of the world's leading manufacturers of tufted carpet. And you'll find us at better dealers throughout California.

For the name and address of your nearest Monarch dealer, call 800 243-6000 toll-free.

MONARCH CARPET MILLS

We've made a glove leather chair whose softness is more than skin deep.

Most leather chairs you sit on. Ours you sink, melt, meld, swoon into.

Because most leather chairs are made of hide with a coating of stiff finish for protection. Whereas ours is made of supple glove leather with our own pliable finish that you can neither see nor feel.

Further, under its gentle outside is an unusually soothing inside. Built the Heritage way with extra springs, extra webbing, extra padding. We've even made a special stuffing for the kindly floating cushions, to double up the softness where it counts.

Best of all, Westerners, you don't have to wait. Instead of the usual two to three months, it can be in your home within days... along with its fellow sofas, loveseats, other style chairs and ottomans. So find the Heritage dealer nearest you and pick a pair of soft arms to come home to.

Heritage

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from Champion International

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Baker's Furniture
1405 S. Wells

UTAH

Salt Lake City
Dinwoodey's
37 W. 1st St. So.

GERALD R. FREDRICK

Needlepoint *collar is easy to make, and it's durable. You might choose yarn shades to complement pet's eye color and fur color*

Around her neck, a collar of handmade needlepoint

The gift of a dog collar or cat collar stitched in sturdy needlepoint should please a pet owner. As a needlepoint project it suits all levels of talent.

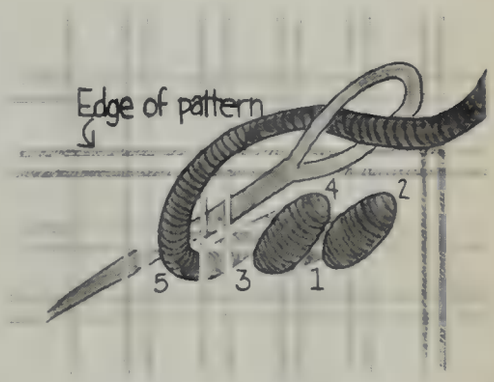
It's small enough for the beginner to complete quickly and easily. Those who have mastered predrawn patterns sold in kits will find this is an easy transition to designing their own. And it offers the advanced needlepointer a good way to use scraps of yarn and canvas.

Select your buckle first; it will determine the width of the collar. A leather or craft shop will sell the parts you need. Or you can buy an inexpensive collar at a pet supply store and dismantle it for the buckle and guards. (Taking one collar apart also helps you understand how to assemble another.)

Use 10/20 Penelope canvas (double mesh for extra strength). You'll need a strip about 5 inches longer and 3 inches wider than the finished collar. Needlepoint shops generally sell canvas for $6 a yard, but scraps are sometimes available for much less. Use tapestry yarn and a number 18 or 19 tapestry needle.

Bind the edges of the canvas with strips of adhesive or masking tape to prevent yarn from snagging while you sew and to keep your canvas from unraveling. In the center of the canvas, lightly draw a rectangular pattern using a laundry marker or other indelible marker. If you have any doubt about its indelible quality, mark a scrap of canvas and test it under water to see if the ink runs.

For a collar 12 inches long and ⅜ inch wide, draw a pattern 13½ inches long and 4 squares wide. (For a ½-inch-wide collar, increase width to 5 squares, and so on.) The collar should be ⅛ inch narrower than the buckle permits. No



Continental stitch. *Bring needle up through hole 1, down through 2, up through 3, down through 4, and so on*

Give yourself the best refrigerator-freezer you ever owned. Amana

SD-25G

SD-25G

TD-20J

And Amana has a Christmas gift for you.*

Buy an Amana decorator model refrigerator-freezer at any participating dealer, and we'll give you decorator door panels. Free! Choose from our 329 designs and wood grains to match your kitchen decor.

Start enjoying your Amana refrigerator-freezer immediately but if you wish you may take up to 6 months to select the decorator panels.

Your whole family will appreciate a new Amana the minute you get it home. Dad and the kids will like the automatic icemaker. (Add it now or later.)

You'll like the big zero degree freezer to keep frozen foods longer. Has its own separate control so you can set it without freezing things in the refrigerator.

And there's Amana's exclusive meat keeper. Our "refrigerator-within-a-refrigerator," with its own control. Super-cold air, up to 10 degrees colder than the rest of the refrigerator, surrounds the meat, instead of blowing directly on it. Keeps meat fresh up to twice as long as an ordinary meat keeper.

And Amana has a special Hi-Humidity compartment. Keeps nibblers snacks and salad greens crisp up to 3 weeks. A butter conditioner with its own control to give you the consistency you prefer. Start enjoying an Amana refrigerator with handsome decorator doors today!

*Offer expires December 25, 1972

IT'S BACKED BY WHAT WE BELIEVE TO BE THE BEST WARRANTY IN THE APPLIANCE INDUSTRY!

Exclusive 5-Year Warranty: Parts & Labor For 5 Full Years! Amana warrants for 5 years from date of original purchase in U.S., replacement or repair of parts found defective as to workmanship or material under normal use. This includes labor required for replacement of defective parts. Defective parts are to be returned through Amana's dealer-distributor organizations.

Owner is responsible for serviceman's travel charges, local cartage, replacement of gaskets, rubber or plastic parts and light bulbs. Any product subjected to accident, misuse, negligence, abuse, defacement of serial plate or alteration shall void the warranty.

In Canada, the warranty applies as above except that it does not cover taxes, duties, assessments levied at time of part export.

Nobody plays Santa like Amana

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SUNSE

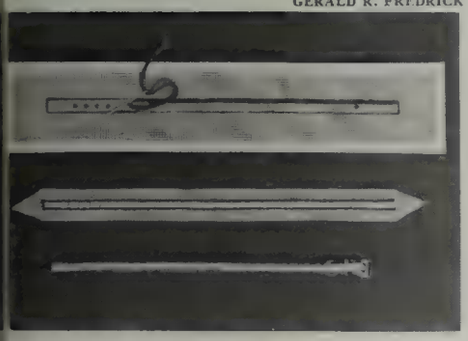
atter how long the collar, allow 1½ :tra inches for buckle attachment.

[ark as close as possible to the center : your pattern the squares you will ave open for fastening holes: Mark ıe hole 1½ inches from the end where ɔu will affix the buckle; three or four ɔles at the other end for fastening. :ip a stitch where each hole should be.

ıread your needle and begin to sew by inging it up from the underside to the ce of the canvas. Leave a 1-inch tail yarn on the underside. As you work e Continental stitch horizontally from ght to left (see diagram, page 163), sew e 1-inch tail into the back of your first veral stitches to secure the end of the rn. Pull stitches snug, but not tight. hen you finish sewing one row, turn ur canvas around and continue to ɔrk from right to left.

ɔ finish off a length of yarn, run your

GERALD R. FREDRICK



ıree steps: *Pattern drawn on canvas (top); wn, trimmed; completed, buckle attached*

ɛdle under the back of several stitches ɔu have just sewn. Anchor a new length yarn in the same manner, running a l under several stitches just sewn.

ıen you have sewn in your pattern, am press the collar until it lies flat. xt, trim each short end margin into a nt, and each long side margin to ıal the width of the collar (see photo-ph above). Fold under points and ure by one or two stitches with dle and thread. Then fold under one e margin and stitch down securely; d and stitch opposite margin securely r the first.

large holes with an ice pick or skewer l give collar another pressing. Thread kle-end of collar through buckle and ıble back, fastening overlap with a / overcast stitches on each side. Add kle loop; repeat fastening stitches. d leash attachment or license ring, if like, and stitch down the edges of overlap completely.

ɔsgrain ribbon can be stitched onto k of collar to make a lining. Fasten-holes can be finished with grommets, ou wish. You may want to treat the ire collar with soil-resistant spray.

rgaret Barber of Los Angeles de-ıed this collar. □

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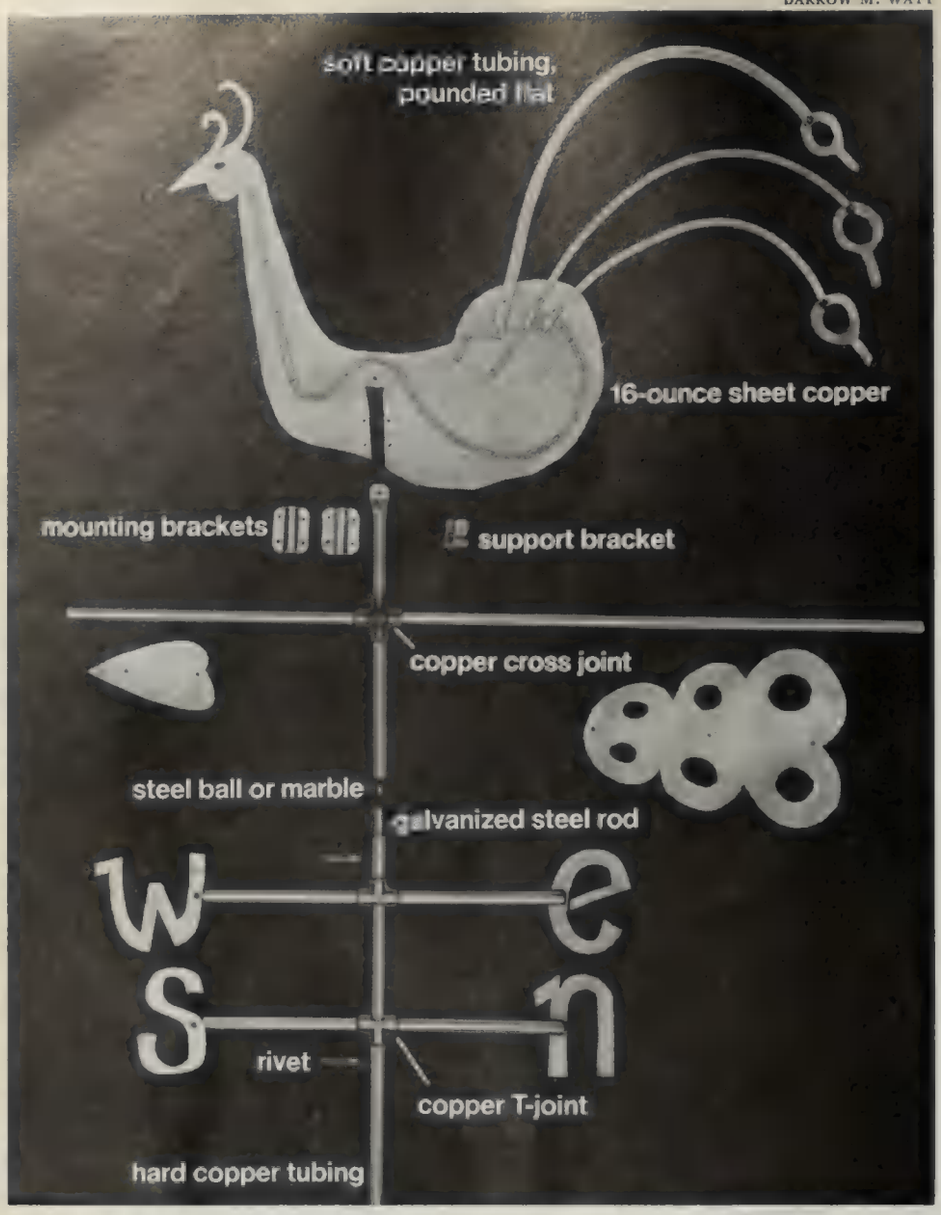
DARROW M. WATT



Peacock weather vane *is made from sheet copper stiffened and decorated with flattened tubing; it's bracketed both to main support tube and arrow shaft. Assembly pivots on ball atop rod inserted through vertical tube. To keep compass points stationary, rivet the tubes holding them to the mounting rod*

To rivet *flattened tubes to sheet metal: Drill holes in both pieces. Insert rivet in gun, push rivet head through hole, squeeze gun*

Solder *tubes to pipe joint heating joint with propane torch u solder flows easily into sea*

Working with copper . . . your own peacock weather vane

Making the copper peacock weather vane pictured here (and assembled, on page 110) involves just three steps—cutting, soldering, and riveting. You'll need only simple tools, and you may find copper-working easier than expected.

The body, arrow decorations, and compass points are made from 16-ounce, "half-hard" type sheet copper—thin enough to cut with snips or a band saw. You can find it at heating or sheet metal shops; it costs about $2 per square foot.

You'll need two kinds of copper tubing: "type L" hard with a ½-inch inside diameter, and soft in different diameters. Both are available at plumbing or hardware stores. Hard tubes support the vane and slip over a steel mounting rod. Soft tubes—first bent to shape, then flattened with a hammer—decorate the peacock and help stiffen its body.

Soldering

You join the hard tubes by soldering them into the ends of ½-inch copper pipe fittings. The two parts of the arrow shaft and the vertical support meet in a cross-joint. Each pair of compass points is soldered into a T-joint that connects to the vertical tube.

Before soldering, clean the tube ends with emery paper, then brush on a thin coat of soldering flux. Hold a length of acid-core solder against the joint a heat the fitting—not the solder—wit hand-held propane torch until the sol is drawn into the joint.

Riveting

You can join the flattened tubing to peacock body, and the sheet copper the hard tubes, with ⅛-inch-thick pansion rivets applied with a rivet g (less than $4 at hardware stores). Fi drill a ⅛-inch hole through the metal be joined. Then insert a rivet in the g place its head through the hole, a squeeze the gun handles until the ri is seated.

The peacock body is riveted to the fl tened upper end of the support tube held in place by riveted-on brack shaped from sheet copper. The pivot b is inserted up against the flattened tu end, followed by a ½-inch-thick st mounting rod. The compass poi shouldn't move, so the vertical tu they're attached to are riveted to mounting rod. Just drill deep enou into the rod to seat the rivet.

The T-joints for the directional points together and have their tops cut away allow mounting rod to pass through.

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When you're ready to switch to four-channel, will your stereo be?

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COMMUNITY ACTION:

Pasadena parents invent a new kind of playground

Machinery *and brawn were recruited to move heavy-construction machine tires into place*

The play structures pictured here cost a modest amount, yet they supply unusual enjoyment for children at the Linda Vista Elementary School in Pasadena. They were designed for the abilities of grade school children; here they are shown in use by smaller visiting children.

They're the product of innovative thinking and action by parents of children at the school, who wanted structure would stimulate children more than the usual swings slides. And they wanted to help build them, rather tha raise money to pay someone else to build them.

Their great insight was that two discard materials—tire power poles—could be used in ways that would not

Visiting preschoolers *try tire ring. When one tire moves up and down, a wave s around circumference as it would on a giant water bed. It can be used by 1 to 16 ch*

Your pan handling days are over.

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It soaks pots and pans automatically, and keeps them out of the sink and your hands out of the soapsuds.

Load it up with pots, pans, dishes, glasses, silverware. Fill both sides of the dual detergent dispenser, and push the Soak Cycle button. Everything will sit and soak, and then get washed, rinsed and dried automatically.

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*Patent No. 3,549,294

Tire mountain, *far left, has three levels for climbing, poles for sliding down into spaces below. At near left, little one gets a boost*

Forest *of tree* *is six poles. Each eight tires bolted at angles on two le*

appeal to the moving and climbing urges of young children, but also would help develop physical skills that swings and slides do not. And, more importantly, they could help promote group interaction.

Basic materials, except hardware, were on their way to the dump. Firms that had tires and poles had only to be persuaded to deliver them.

The exciting nature of the designs, worked out by architect David Kikuchi with the help of architect Frank Sata, designer Richard Coffman, and school district staff, made parent and community help relatively easy to get. This included participation in several family work party days and the loan of costly machinery to handle heavy installation work.

The three structures that use tires are shown here; a fourth is a 9-foot-high platform children reach by climbing cargo nets and descend by sliding down a fireman's pole. All four passed the test of youthful enthusiasm. And the test of their mothers: The tires do not leave black smudges on clothes.

Organizers of the project will share their experience, so if you're interested in details write to Benjamin S. Crocker, Lincoln Savings and Loan, 630 W. 6th St., Los Angeles 90017. Visitors to the school, at 1259 Linda Vista Avenue are welcome. To find out when the structures will be in use, telephone 793-2197. □

[illegible] *diameter.* [illegible] *chains to every* [illegible]

Tire tree *is for climbing and for branch-to-branch horizontal travel. Burlap on poles prevents splinters*

The one on top is 95% kidney.
It's Purina Variety Menu. No cereal or gravy fillers. Just 95% kidney and 5% nutrients.
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Richard Deacon, star of his own cook show, "Deacon Does It In the Kitchen".

Richard Deacon is a busy man. He is also a gourmet cook who enjoys entertaining. After a hectic day on the set, in just minutes (thanks to the Thermatronic) he can put together a delicious dinner of roast pork stuffed with prunes and apricots (beautifully browned with the infrared element) and a tasty rice casserole. The meal looks as though he had been cooking all day, when actually it took him just minutes!

Whether it's a portable (as shown) or a bilt-in combined with a self-cleaning oven, Thermador offers the widest selection of microwave ranges available. All with browning elements, stainless steel interiors for easy care, and handsome black glass doors. Write for complete brochure on microwave ranges, and other Richard Deacon recipes. 5129 District Blvd., Los Angeles, California 90040

Apricot and Prune Stuffed Roast

(One of Richard Deacon's favorite recipes)

5 pound pork roast
½ cup diced apricots
¼ cup diced prunes
2 cups packaged bread stuffing
2 cups diced apples
2 tablespoons butter
⅔ cup wine

In a large bowl combine apples, bread stuffing, dr apricots and prunes. Heat butter with wine in mic wave range until butter melts. Pour over stuffing, and toss to combine.

Cut large enough pocket in the roast to hold the stu ing. Stuff and secure pocket by sewing it with la needle and string.

Place fat side down on a trivet in a baking dish. All 8 minutes per pound. The last 20 minutes fat side up. Use *Infra-red* for that golden brown.

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[illegible] performance standards, Health, Education, and Welfare Rules 42CFR, Part 78.

NORMAN A. PLATE

den cover *hides spare ub, serves as display shelf*

Under the shelf, a spare bathtub

l guests visit, a spare bathtub is just ner place for dust to collect. But a len cover like the one shown above nide a seldom-used tub and makes ttractive, convenient display shelf eading material and house plants, a useful work surface if you use athroom as a darkroom.

ing a cover in three hinged sections its easy removal when guests arrive he tub is needed for bathing.

ure the height and overall length vidth of your tub. Cut 1 by 4's to go e front and across the top. Ends neet should be cut at 45° angles to a mitered 90° angle.

de how far apart to space the boards ver your tub. For this tub, fifteen 4's are spaced ⅜ inch apart, and are joined with ¼ by ¾-inch cross to make three panels of five boards Nail and glue these strips perpen- ar to the boards on the underside of anels. One end of each strips should ude beyond the panel's edge; the end should be indented. Then, you join the panels, they too will parated by a ⅜-inch gap (see draw- n page 174).

he top and front panels with hinges ve-board panels have hinges on the d and fourth boards). Round the board's top edge slightly (see top ng on page 174), so when folded it lear the ¾-inch corner cap (trim

Clean contemporary lines embellished with exquisitely carved moldings. Thick solid pecan combined with richly patterned pecan and olive ash burl veneers. Surfaces of geometric parquetry designs or clear glass. That's the Tiburon Collection of tables. So grandly scaled, so superbly crafted, they add drama to any setting. For a handsome portfolio illustrating the complete line of Gordon's tables and cabinets, send one dollar.

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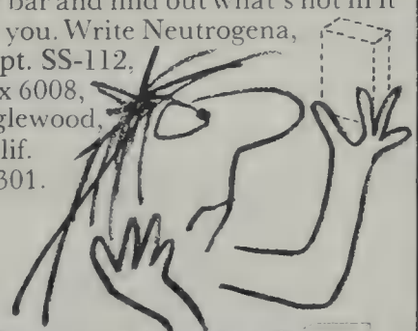

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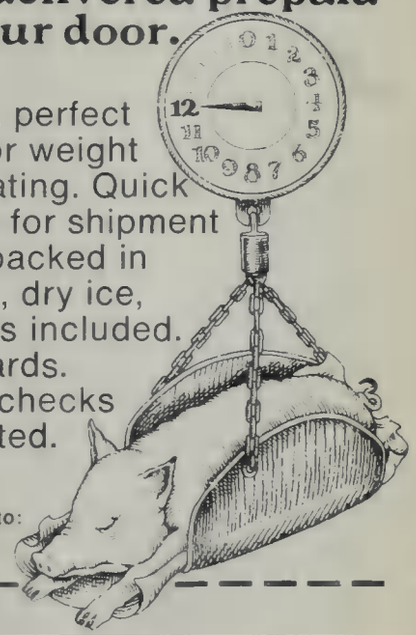

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The ensemble includes hamper, bench, wastebasket, scale, wall-hung cabinet with open shelf, and freestanding etagere.

See them at your favorite department store. They're a nice reflection on you.

Counselor

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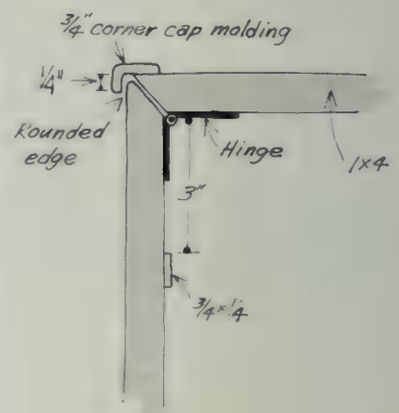
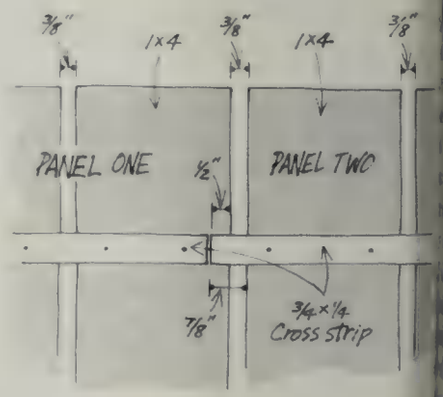
NORMAN A. PLAT

Three folding *sections are easy to remove. Mark order of panels for proper replacement*





the cap's front lip to 1/4 inch). Attach corner cap with small brads and glue

Total cost of this cover in vertical gr Douglas fir was about $13. It can stained, painted, oiled, or left natu To prevent mildew, after each use sure the tub is thoroughly dry bef replacing the cover.

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taught 'er:
t oughter,
you're cooking with

drown a vitamin
e water out,
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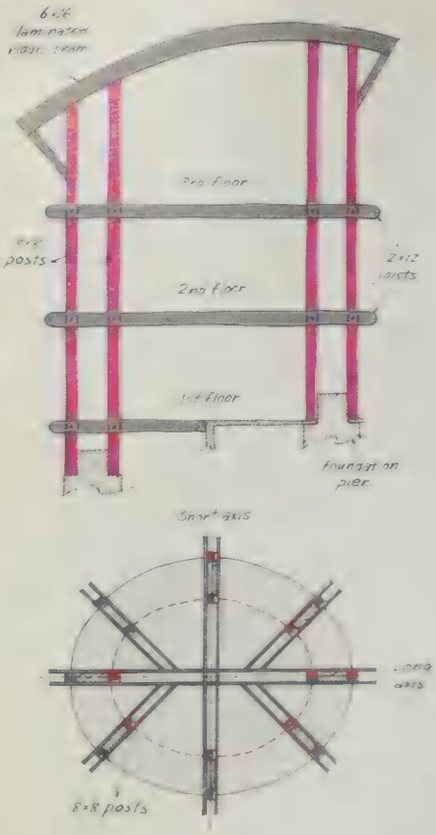

Posts *support joists, roof beam (above). Each floor's large room is in center (lower), with smaller rooms between posts*

Walkway leads *to second-level entrance. Shiplike form was inspired by ocean in background. Curved eave beams meet at bowsprit that supports skylight*

Tower *is hung from posts by joists with rounded ends, (protruding at each of three levels). Each pair of inner, outer posts stands on common pier*

Three-level tower house hangs from 16 posts

The detailed, exotic, almost boatli
pearance of this house masks a
basic structure designed for a d
building site.

It's a three-level, 30-foot-high
hung from 16 posts. Narrow an
it takes a minimum of land on a w
creek-sliced hillside and it lifts its
high for a view overlooking a
bay and surrounding hills.

The 8 by 8-inch main support po
set in two concentric, elliptical ri
eight posts each. The inner posts
space for a central room of 12
feet on each level; the 30-inch spa
tween the inner and outer ring o
is used for staircase, bathrooms, c

WILL YOU STILL THINK OF AVOCADO AS A FLIPPED-OUT DIP WHEN YOU KNOW T'S A SERIOUS FOOD?

npty snacks? Never!
o one could point an accusing finger at you, if you party it
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her dip! Think how the guests will love you. With avocado,
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ese nutritional claims investigated and cepted by the Good Housekeeping Institute.

Avocado Skinny Dip: For 2½ cups of dip, mash 2 ripe California avocados with 1 T. grated onion, 1 cup chopped celery, ¾ t. seasoned salt, 1 T. lemon juice, Worcestershire and Tabasco sauce to taste. Variations: add bacon bits. Or 1 tomato, chopped. Or ¼ cup green chili peppers.

Love Food from California

California Avocado Advisory Board

Plastic *window panels are separated by wall studs that angle outward to eave beam*

Stairs curve *upward between main support posts. Thin metal straps help brace wall studs angling outward*
JOHN ARMS

the kitchen, and a second-level deck on one side of the house.

Each set of inner and outer posts is mounted on a concrete pier. The floors are supported by 2 by 12-inch joists in pairs. One pair spans the short axis of the house and is bolted to both sides of the support posts. Similar pairs of joists, reaching from the other posts, are toe-nailed into the first pair.

The roofline is arched, rising slightly to follow the slope of a nearby hill, and curving downward along the eaves. The roof is supported by a curving, 6 by 16-inch ridge beam—like a spine—of 1 by 6-inch boards laminated in place across the long axis and extending beyond the 28-foot-high end posts. Two 4 by 4-inch laminated beams form the eaves; they curve down and away from the ends of the spine to meet the ends of crossbeams extending from the tops of the shorter, intermediate post pairs. The 2 by 4-inch rafters butted between the spine and the eave beam are topped with 1 by 4-inch boards and shingles.

The third-level wall studs flare outward from just above the floor to the eave beam, giving a dramatically extended view downward toward the sea. The interior walls are made of plaster board, with curved doors made from beveled 2 by 4-inch boards glued together and sanded smooth. The exterior is shingled plywood.

Acrylic plastic is used for the windows throughout the house because it was easy to install and could be made to fit the slightly twisted plane of the tall, narrow third-level window openings. The bottom window line slants downward on one side of the house to follow the slope of the stairs.

A tower puts extra weight on a small foundation area; even a slight sag or slippage is magnified over several levels. The concrete piers supporting the posts reach down 10 feet into hard soil and are braced with spiraled steel reinforcing rods to resist earthquakes and wind stress. A drainage system uphill and beneath the house protects the foundation from water. The curved exterior can withstand winds of 120 mph.

The tower was designed by architect Valentino Agnoli in collaboration with the owner, Paul Poehlmann of Stinson Beach, California. □

Guests *relax on curved seat in front of stairs. A rope net suspended on top of posts extends upward to support curving eave beam*

Shingled *alcove with plastic windows is cantilevered from floor framing. Porthole in plastic swivels open*

Sukiyaki, 20-minute masterpiece

Cook up a party... in a West Bend Electric Wok!

A most clever entertaining idea! The West Bend Electric Wok makes a party out of cooking! Makes the authentic art of Oriental stir-fry cooking a breeze. Makes dinner—a conversation piece.

Fix dinner for four—right at the table. (In front of everyone: Sukiyaki in 20 minutes!)

Pin-point electric heat is the secret. You cook food in mere minutes at the bottom of the pan where the heat is concentrated. As you add new raw ingredients, cooked food is pushed up the sloping sides of the pan. So everything stays deliciously hot. The cook stays cool.

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in each pattern.

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e with open plan groups living space around skylighted kitchen. Big bench ates them; removing cushions makes it low buffet table

DON NORMARK

Raised hearth *allows owner to tend fireplace easily*

The active owner can run this house from her wheelchair

s **a house** designed especially for a g working woman confined to a lchair, who loves to cook, enter- garden, sew, do wood carving and crafts. She and architect David L. planned it for wheelchair maneu- ility, yet did not sacrifice beauty nction.

skylighted kitchen is conveniently both to living room and dining , with the garden accessible from room, bedroom, and work area. g doors open between the kitchen ork area to make almost the whole a single open space that can be for entertaining.

l was used prominently, in poles, s, paneling, and a soaring ceiling. Wide doors and glass walls provide an open feeling; there are views beyond a swimming pool across Lake Washington to Seattle.

Many details of the house were planned especially for the owner's convenience. The carport is close to the front door. The house has no hallways to create awkward wheelchair turns. All doorways are wide, and all interior doors are sliding doors. Doorsills throughout the house have been kept as near level as practical.

In the dining room, the owner has room to move around the table when guests are seated. The bathroom is large, with a telephone by the tub.

In the kitchen, pull-out drawers under counters are easier to use than shelves behind cabinet doors would be. (There are no under-the-counter cupboards anywhere in the house.) Stove and sink counters are 4 inches lower than normal. The counter most used for food preparation, rolling out dough, and mixing is at desk height and has knee room below.

The narrow doors of a side-by-side refrigerator freezer combination can be opened and shut without undue stretching, and a top-loading dishwasher is also handy.

Controls on all electrical appliances, light switches, plug-ins, and the thermostat for the furnace are low—at 32 inches. Hanging rods in the bedroom and entry guest closet are at 54 inches.

Separate cushions on the low bench between living room and kitchen are easier to handle than one long cushion would be.

Even building a fire in the fireplace is easy. A gas jet operated by turning a key on the raised hearth makes paper and kindling unnecessary. The fireplace itself is sized to take processed fire logs. □

Cheese doesn't have to be importe to have character.

Right here in America there's Cracker Barrel Brand Cheddar from Kraft, an exceptional cheddar whose fine character is being put to use in many good ways. On cheese trays with cold meats, olives and pickles. With fresh fruit or apple pie for dessert. With a friendly cup of coffee, or beer. Not to mention wine.

Cracker Barrel's excellent aged flavor is easy to like. There are four degrees of sharpness, marked Mild, Mellow, Sharp or Extra Sharp on each wrapper. Each grade of flavor, each stick, wedge or wheel, is select cheese, chosen for fine quality.

If you like your gourmet recipes to have a certain flair, make an omelet, or a soufflé, or your favorite casserole. But use Cracker Barrel in the recipe.

HERITAGE OMELET

- 2 tbs. margarine
- 6 eggs, slightly beaten
- ⅓ cup milk
- Salt and pepper
- 1 2½-oz. jar mushrooms, drained
- 1 tsp. finely chopped chives
- 1 cup shredded Cracker Barrel Brand

Melt margarine in skillet over low heat. Combine eggs, milk, seasonings; pour into skillet. Cook slowly. As egg mixture sets, lift slightly with spatula so uncooked portion flows underneath. Cover with mushrooms, chives and ¾ cup cheese; fold in half, sprinkle with remaining cheese. 3 to 4 servings.

The gourmet cheese from this side of the ocean.

KRAFT Division of Kraftco Corporation

NORMAN A. PLATE

ows from barrel under table, up of picnic table umbrella

Ivy shades the picnic table

ing umbrella of ivy shades this pic-ıble. "Hahn's Self-Branching" ivy, a ty of English ivy, was planted un-ath the table in a soil-filled, cutoff barrel. (Other vigorous, freely hing varieties of ivy would also) The runners were trained up gh a hole in the center of the table ɔver the still-sturdy framework of d picnic umbrella with the worn s removed. The ivy was tied to the ella stays and trimmed until the filled out—about three years.

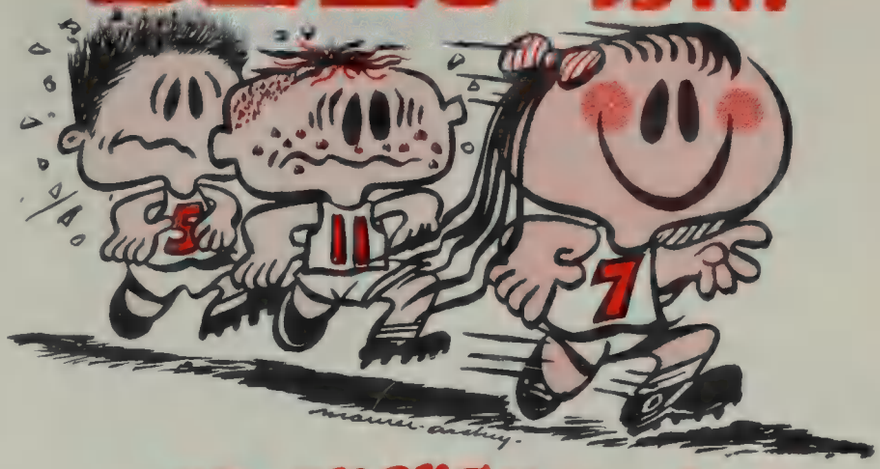
ımbrella pole is supported by soil e 50-gallon barrel. The tabletop ɔn the barrel. (To locate barrel dis-ors, look in the yellow pages of the one book under "Barrels and ıs.") You might just as well use a planter box or pot that could sup-ı tabletop at a height of about 26 ;.

;5-inch-diameter redwood tabletop ıade with a 12-inch-diameter cen-e to leave room for planting and ing. Most other wooden picnic could be adapted to the idea by ging the centerhole with a keyhole ɔer saw.

lanting mix consists of equal parts : sand, garden soil, and peat moss. ould add more support for the pole the ivy takes over by wedging : of wood between the pole and ıg of the tabletop.

yman Jones family of Palo Alto, rnia, grew this ivy umbrella. □

BEEF is...



...an energy maker

A balanced diet with all the nutrients necessary for good health can help a person do his best. Include beef and other meat proteins, dairy foods, bread, fruits and vegetables.

BEEF TONGUE FOR HOLIDAY BUFFETS: Place a smoked beef tongue in pan with water to almost cover. Add 2 quartered onions, 2 inches stick cinnamon and 1 teaspoon whole black pepper. Cover. Simmer 2½ hours or until tender. Cool in cold water. With sharp knife slit underside skin from thick end to tip. Peel off skin. Remove and discard root. Chill. Slice tongue thinly. Makes 8 servings.

CALIFORNIA BEEF COUNCIL 463 BREWSTER AVENUE REDWOOD CITY CA 94063

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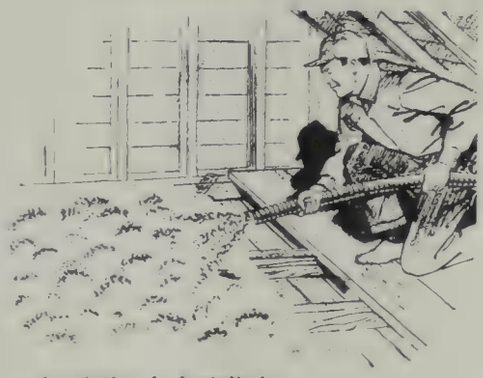

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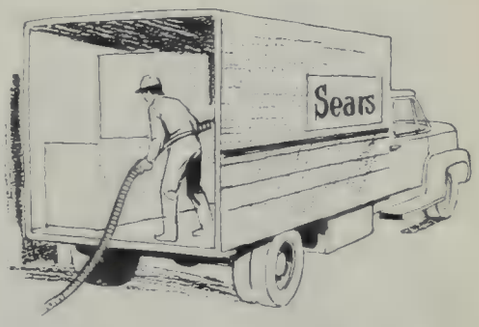

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Here are some ways to give traditional fall and Thanksgiving foods a new twist. Cauliflower, generally served as a hot vegetable, can be converted easily into a creamy soup to open the Thanksgiving feast. Pumpkin, usually featured in a pie, m an equally delicious quick bread. cranberries, frequently offered a accompaniment to the bird, ma colorful and refreshing topping ice cream.

Cauliflower, carrots, onion are cooked in broth and then puréed for this soup

Cream of Cauliflower Soup

Sliced carrots give a hint of sweetness to this vegetable soup. Serve it as a first course or for lunch or supper with turkey or ham sandwiches.

- 2 tablespoons butter or margarine
- 1 large onion, chopped
- 2 cans (about 14 oz. *each*) regular-strength chicken broth
- 2 medium-sized carrots
- 1 medium-sized cauliflower
- 1 cup light cream (half-and-half)
- ⅛ teaspoon nutmeg
- Salt and pepper
- 1 tablespoon dry Sherry (optional)
- 1 tablespoon chopped parsley

In a 3 or 4-quart kettle melt butter over medium heat; add onion and sauté until translucent, about 5 min-

utes. Pour in the chicken broth bring to a boil.

Meanwhile, cut carrots into ¼- slices and cut cauliflower into s flowerets. Add vegetables to bo broth, reduce heat, cover, and mer until vegetables are tender v pierced, about 7 minutes. Po small amount at a time into a ble container and whirl until sm Turn all the purée into a pan, cream, nutmeg, salt and peppe taste, and Sherry if desired; he simmering. Serve garnished chopped parsley. Makes about 6 ings.—*D. P., Portland.*

Serve thin slices of this nut-stuffed loaf with butter for snacks, tea time

Fruited Pumpkin Bread

Banana adds the extra fruity flavor to this moist and spicy quick bread, which keeps well.

- ¾ cup butter or margarine
- 1¼ cups sugar
- 3 eggs
- ¾ cup canned pumpkin
- ¾ cup mashed ripe banana
- 3 cups regular all-purpose flour, unsifted
- 1½ teaspoons soda
- 1 teaspoon salt
- 1 teaspoon pumpkin pie spice or nutmeg
- ½ to 1 cup chopped walnuts or pecans

In a large bowl beat the butter and sugar together until creamy. Add eggs and beat well, then stir ir pumpkin and banana. Sift the with the soda, salt, and pumpki spice; mix into the creamed mi just until well blended. Stir in nuts. Grease, then dust with flo loaf pans (about 4 by 8 inc Spoon batter evenly into pans, f them no more than ⅔ full. Bal a 350° oven until a cake tester c out clean, about 1 hour.

Cool bread in pans for about 5 utes, then turn out onto a rack to completely. Store tightly wra Makes 2 medium-sized loaves.— *Greenbrae, Calif.*

Place tortilla dipped in tomato sauce on plate; spoon egg down center; roll

Egg Enchiladas

Softly scrambled eggs are rolled up inside these unusual enchiladas.

- 2 tablespoons salad oil
- 1 medium-sized onion, chopped
- 1 green pepper, seeded and chopped
- 3 cans (8 oz. *each*) tomato sauce
- 2 teaspoons chile powder
- 8 eggs
- ¼ cup light cream or milk
- 2 tablespoons chopped canned California green chiles
- Salt and pepper
- 2 tablespoons melted butter
- 6 corn tortillas
- 1 cup shredded Cheddar cheese

Heat the oil in a frying pan and sauté the onion and green pepper until limp. Add tomato sauce chile powder; simmer, uncovere about 10 minutes. Beat eggs l with cream; add chiles, and sal pepper to taste. Scramble eggs i ter until softly set; keep warm each tortilla in hot tomato sauce soft, and spoon 1/6 of the scra eggs down the center. Roll up place seam-side-down in a sh baking dish. Reheat remaining to boiling, pour over top, and sp with cheese. Place in broiler 4 i from heat until cheese melts, ab minutes. Serves 3 to 6.—*R Grants Pass, Ore.*

e invite you to tell us about your iginal recipe creations. Mail them to e Home Economics Department, *nset Magazine,* Menlo Park, Calif. 025. We award $10 for each recipe blished.

Beef out of the Dutch oven, cauliflower soup, flaming sundae

ce Pilaf with Artichokes

ou can cook it on top of your range in a casserole in the oven.

- 2 jars (6 oz. *each*) marinated artichoke hearts
- 1 cup uncooked long grain rice
- 1 medium-sized onion, chopped
- 1 clove garlic, minced or mashed
- 1 can (about 14 oz.) regular-strength chicken broth
- Water
- ¼ cup chopped parsley
- Salt and pepper

ain artichokes reserving 3 tablespoons of the marinade; set artichokes aside. Heat the 3 tablespoons rinade in a 3-quart pan, add rice, d cook over medium-high heat, ring, until rice is lightly browned. Add the onion and garlic and sauté until soft. Measure broth, and add enough water to make 2 cups liquid. Stir into rice, and heat to boiling. Then, either reduce heat to low, cover, and simmer until rice is tender, about 20 minutes; or turn rice mixture into a 1½-quart casserole, cover, and bake in a 325° oven for about 30 minutes.

About 5 minutes before rice is done (cooked either method), stir in artichokes and parsley; mix lightly. Season with salt and pepper, cover, and finish cooking. Serves 4 to 6.—*R.H., Honolulu.*

You might garnish this pilaf with toasted pine nuts or almonds just before serving

tch Oven Beef

u might accompany this pot roast h hot, cooked green noodles and ttered carrots.

- About 5 pounds beef chuck roast
- ½ cup chopped onion
- 1 clove garlic, minced or mashed
- ¼ cup prepared horseradish
- 1 tablespoon prepared mustard
- 1 can (12 oz.) tomato juice
- ½ teaspoon *each* salt and sugar
- 4 teaspoons *each* cornstarch and water

m fat from roast and place the fat a 5 or 6-quart Dutch oven over dium heat. Fry fat until pan is well ased; lift out and discard. Add st to pan and brown well on all sides; set beef aside. Add onion and garlic to pan and cook until golden, about 5 minutes. Stir in the horseradish, mustard, tomato juice, salt, and sugar; mix well. Return roast to pan, cover, and simmer 2 to 2½ hours, or until meat is very tender when pierced.

Place roast on a warm serving platter; keep warm. Skim fat from pan juices; blend cornstarch with water, stir into juices, and cook, stirring, until bubbly and thickened. Pass gravy in a separate bowl to spoon over meat slices. Makes 6 to 8 servings.—*S. A., Los Angeles.*

Beef chuck roast simmers tender in a tomato sauce spiced with horseradish

anberry Peach Sundae

r a little showmanship to climax Thanksgiving feast, you might ne this fruit sauce at the table.

- 1 can (1 lb.) whole-berry cranberry sauce
- 3 tablespoons orange juice
- 2 tablespoons lemon juice
- ½ teaspoon ground cinnamon
- canned peach halves
- About 1½ quarts vanilla ice cream
- 1 cup whipping cream
- 3 tablespoons powdered sugar
- 2 tablespoons warm brandy (optional)

chafing dish or small saucepan, nbine the cranberry sauce, orange e, lemon juice, and cinnamon. Place over low heat and cook, stirring, until hot. Keep warm in chafing dish or on the range.

Drain peach halves well and place cut-side-up in 8 individual dessert glasses. Top each with a generous scoop of ice cream. Whip the cream with the powdered sugar until stiff. Turn into a serving dish. Just before serving, ignite the warmed brandy if used, and pour slowly into the hot cranberry sauce. When flames disappear, spoon the sauce over the ice cream and top with dollop of whipped cream. Makes 8 servings.—*H.N., San Francisco.* □

Spoon hot, crimson berry sauce over ice cream for colorful company dessert

DARROW M. WATT
A fan *of slender Belgian endive spears with curry flavored dressing, on butter lettuce leaves*

Salad shenanigans

Using endive, artichokes, asparagus, watercress, here are ways to transform salad for Thanksgiving

›uch of luxury can only heighten and ›nce the festive spirit of November's ›d meal—Thanksgiving.

l what better time than right at the nning, by gracing individually ar-ed salads with some special ingredi-like Belgian endive, hearts of palm, stone lettuce, or artichokes. The h vegetables and fruits can be found he produce sections of most well ked supermarkets, and some canned s are in gourmet food sections.

h of these salads (six of the seven are ured) incorporate make-ahead steps their preparation; greens can be hed and chilled a day in advance.

: Belgian endive tops butter lettuce his dramatic looking salad.

'ive Salad with Dressing Indienne. together 2 tablespoons wine vinegar, ›blespoons olive oil or salad oil, ½ poon Worcestershire, ½ teaspoon ›n-style mustard, ¼ teaspoon curry der, ⅛ teaspoon ground cardamom, ¼ teaspoon salt. (If made ahead, › at room temperature.)

each of 8 individual salad plates ar-ge 3 or 4 butter lettuce leaves. Sepa-about ½ pound Belgian endive into es and arrange leaves decoratively the lettuce, dividing equally among plates. Garnish each salad with a thin on slice, then drizzle with an equal ›unt of the dressing. Serve at once. ›es 8 servings.

›aine spears are the sturdy back-und for this delicate pink, white, and :n combination.

›rts of Palm and Shrimp Salad. Drain 1 can (14 oz). hearts of palm and cut each stalk crosswise into ½-inch-thick slices; place in a deep bowl and blend gently with 2 tablespoons white wine vinegar, 4 tablespoons olive oil or salad oil, 3 tablespoons minced green onions (including some of the tops), ⅓ pound tiny, cooked, shelled shrimp, and salt to taste. Cover and chill for as long as 6 hours. On each of 6 individual salad plates arrange several well formed romaine leaves. Spoon equal portions of the hearts of palm mixture onto romaine. Serve at once. Makes 6 servings.

Lacy watercress with garlic-seasoned canned artichokes make a handsome and zestful salad.

Artichokes with Watercress Salad. Drain 2 cans (14 oz.) artichoke hearts packed in water and gently mix the artichokes with 2 tablespoons wine vinegar, 4 tablespoons olive oil or salad oil, and ½ teaspoon garlic salt; cover and let stand at room temperature for 1 to 6 hours.

Divide 3 cups lightly packed watercress leaves equally among 6 individual salad plates. Spoon an equal number of the artichoke hearts onto each plate; drizzle evenly with the marinade and serve at once. Makes 6 servings.—*R. L., Portola Valley, Calif.*

A little limestone lettuce goes a long way when paired with red leaf or tender butter lettuce.

Limestone Salad with Shallot Dressing. Line 6 individual salad plates each with 3 or 4 red leaf or butter lettuce leaves. Arrange equally on the lettuce about ½ pound limestone lettuce, separated into individual leaves. Blend together 2 tablespoons wine vinegar, 1 teaspoon Dijon-style mustard, 2 tablespoons minced shallots (fresh or freeze-dried), ¼ teaspoon salt, and 7 tablespoons olive oil or salad oil. Spoon dressing equally over each salad and serve at once. Makes 6 servings.

Golden, faintly resinous pine nuts season this spinach salad.

Spinach Salad with Pine Nut Dressing. Spread ⅔ cup pine nuts in a single layer in a shallow pan. Bake in a 350° oven for 5 to 8 minutes, stirring occasionally, until golden. Let cool, then blend with 7 tablespoons olive oil or salad oil, 2½ tablespoons wine vinegar, ⅛ teaspoon ground nutmeg, ½ teaspoon grated lemon peel, ½ teaspoon tarragon leaves (crushed), and ½ teaspoon salt. Cover and let stand at room temperature at least 30 minutes or as long as overnight.

Wash well and drain leaves from 1½ pounds spinach. Select large leaves to line each of 8 individual salad plates. Thinly sliver the remaining spinach and mound onto plates. Stir dressing to blend, then spoon an equal portion over each salad. Serve at once. Makes 8 servings.

Marinated artichokes and asparagus go together in this quick luxury salad.

Asparagus and Marinated Artichoke Salad. Blend 2 jars (6 oz. *each*) marinated artichoke hearts and the marinade with 2 tablespoons minced green onion, including some tops. (At this point you can let artichokes stand, covered, up to 4 hours at room temperature.)

Open 2 cans (about 15 oz. *each*) green or green-tipped white asparagus spears; drain. Arrange spears equally on 6 individual salad plates. Spoon an equal portion of artichokes over each and moisten with marinade. Garnish salads with parsley. Makes 6 servings.

Papaya wedges topped by chunks of avocado and segments of canned mandarins make a pretty, green and gold salad.

Avocado-Papaya Salad. Peel 2 large papayas, cut in halves, seed, and then cut each fruit into quarters lengthwise. Peel, seed, and cut in large dice 2 medium-sized avocados; also drain 2 cans (11 oz. *each*) mandarin oranges. Place 1 section of papaya on each of 8 individual salad plates; top evenly and decoratively with avocado and mandarins.

Blend well 6 tablespoons fresh lime juice, 1½ teaspoons honey, and ¼ teaspoon bitters (the kind used in beverages); spoon dressing over each salad, moistening the avocado. (You can cover salads and chill several hours.) Garnish with lime slices and serve. Makes 8 servings.— *H. M., Los Angeles.* □

Holiday salads. *From the top left: hearts of palm with shrimp, artichokes with watercress, limestone and red leaf lettuces, (bottom) pine nuts with spinach, artichokes and asparagus*

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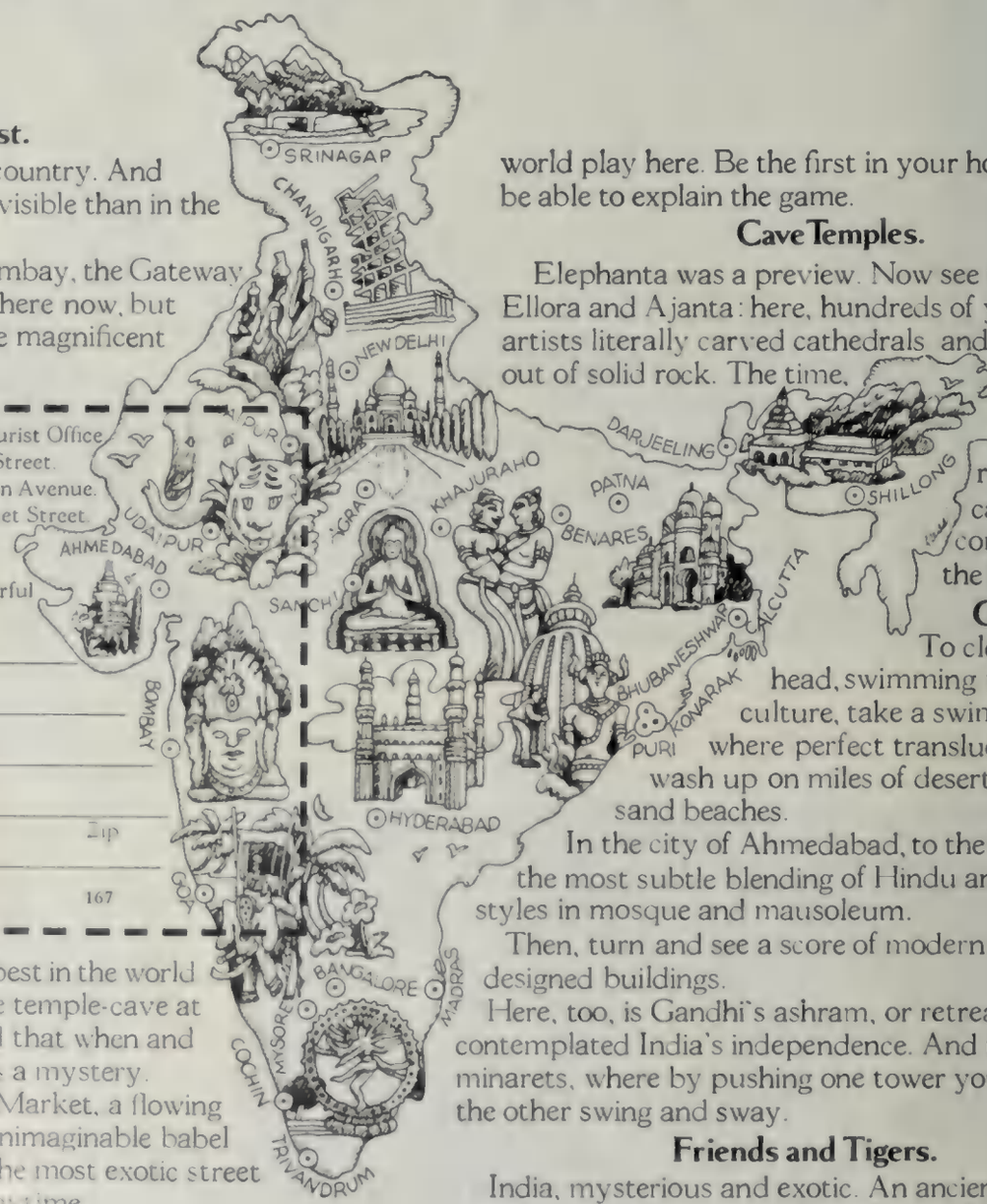

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November days may bring festive family gatherings and other occasions for entertaining. For celebrations like "after-the-game," we offer two hearty sandwich buffets.

A brunch featuring a savory green onion and egg custard pizza also suits an informal supper or late evening meal. Finally, there's a lamb shank dinner that simmers in the oven—an easy-to-prepare dinner for the family or a few guests.

Two sandwich buffets

Either of these sandwich suppers is ideal for entertaining friends after a game or other afternoon activity. Both can be assembled quickly. The baked ham menu offers flexibility when the number of guests is unpredictable.

Broiled Steak Sandwiches with Beef Dip
Vegetables with Creamy Dill Sauce
Potato Puffs
Fall Fruit and Nut Platter

For the steak, ask your meatman for the first cut off the top round (sometimes called London broil). Purchase 1 large package (about 2 lbs.) frozen potato puffs. While the steak broils, you can heat the frozen potatoes according to the

Each guest *will fill crusty roll with sliced beef and take bowl of beef dip for dunking. Vegetables, dill sauce, potato puffs accompany*

DARROW M. WATT

This *make-your-own sandwich buffet offers baked ham, spicy cheese spread, pickles, cole slaw, bread, and fruit*

NOVEMBER MENUS

After-the-game sandwich buffets, a Thanksgiving brunch

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package directions.

Offer a platter of apples, grapes, pears, and nuts in their shells.

Broiled Steak Sandwiches with Beef Dip

About 3½ to 4 pounds top round, cut 2 inches thick
2 cans (about 14 oz. *each*) regular-strength beef broth
2 teaspoons beef stock base or 2 beef bouillon cubes
1 teaspoon Worcestershire
About 12 crusty French rolls (split and buttered)

Broil steak about 6 inches from the heat, about 15 minutes on each side for rare. Transfer meat to a carving board and cut across grain into thin, slanting slices; keep warm.

Meanwhile, in a saucepan, combine beef broth, beef stock base, and Worcestershire; bring to boiling. Add any meat juices that accumulate on carving board and serve in small individual bowls. Guests fill rolls with 2 or 3 slices of meat, then dunk their sandwiches in the broth. Serves 6 to 8.

Vegetables with Creamy Dill Sauce

Combine 1 cup sour cream, ¼ cup mayonnaise, 1¼ teaspoons celery salt, 1 tablespoon dill weed, 1½ teaspoons parsley flakes, ¼ teaspoon onion powder, 1 clove garlic (minced or mashed), and ½ teaspoon prepared horseradish; cover and chill at least 2 hours. Serve with raw carrot or celery sticks, cauliflower pieces, or cherry tomatoes for dipping. Makes about 1¼ cups.— *J. F., San Francisco.*

Baked Ham with Caraway Honey Glaze
Cheddar Cheese Spread **Pickles**
Dark Rye Bread **Spicy Mustard Slaw**
Fall Fruit and Nut Platter

You can serve the ham either hot or cold. Let guests slice the ham and assemble sandwiches, spreading bread with cheese, and topping with ham and pickles.

Baked Ham with Caraway Honey Glaze

Buy a ham with bone in—either butt or shank end—weighing about 5 or 6 pounds (or purchase a canned ham). Bake ham in a 325° oven for about 1½ to 2 hours or until hot throughout (heat canned ham as directed on can). Remove from oven and score the top in a diamond pattern with a sharp knife. Mix 2 tablespoons honey with 1 teaspoon prepared mustard and ½ teaspoon caraway seed; spread over ham. Bake for 15 minutes longer or until glaze melts. A 5-pound ham serves 8 to 10.

Cheddar Cheese Spread

With an electric mixer beat until fluffy 3 jars (5 oz. *each*) sharp pasteurized process cheese spread. Add 1 clove garlic (minced or mashed), 1 teaspoon paprika, and 2 teaspoons caraway seed; blend well. Stir in ½ cup thinly sliced green onion (with some of the top cover and chill at least 3 hours. Serve room temperature. Makes about 2 cu

Spicy Mustard Slaw

About 1 medium-sized head cabbage
¾ cup mayonnaise
2 teaspoons cider vinegar
3 teaspoons *each* Dijon-style mustard and prepared horseradish
1 teaspoon brown sugar
Salt and pepper
Cherry tomato halves for garnish

Finely shred cabbage to make 10 cu Combine the mayonnaise, vinegar, m tard, horseradish, and brown sugar; r into cabbage until well coated. Sea with salt and pepper to taste. Cover refrigerate at least 30 minutes or as l as overnight. Mix lightly before servi Garnish with tomato halves. Makes 8 servings.—*I. R., North Sacramento*

Thanksgiving Day brunch

This brunch solves the problem of w to serve Thanksgiving Day guests arrive early or stay for a late suppe

Snappy Tomato Cocktail
Green Onion Custard Pizza
Browned Sausage Links
Coffee **Milk**

You can serve the tomato cocktail w or chilled. A package of hot roll speeds the preparation of the pizza.

Snappy Tomato Cocktail

Peel and seed 1 large cucumber and into pieces. Whirl a few pieces at a t in a blender until smooth. Stir toge the cucumber purée, 1 bottle (1 qt.) mato juice, 1 teaspoon oregano lea and about 2 drops liquid hot pepper soning; chill if made ahead. S chilled, or heat and serve in cups. company juice with lime wedges. M 8 servings, about ½ cup each.

Green Onion Pizza

Pizza crust (directions follow)
4 eggs
[illegible] cups light cream (half-and-half)
2 cups thinly sliced green onion, including some of the tops
1 teaspoon salt
¼ teaspoon *each* pepper and ground nutmeg

Prepare and bake crust as directed. Meanwhile, lightly beat the eggs; st cream, onion, salt, pepper, and nut Remove pizza crusts from oven and half of the egg mixture into each c Return pans to oven and bake abo minutes longer, or until custard is set a knife blade inserted in the c comes out clean. Cut into wedges; s Serves 8.—*E. T., Paso Robles, Cal*

Pizza crust. Prepare 1 package (abo oz.) hot roll mix according to pac directions, but increase water to 1 omit egg, and do not let dough Turn dough onto a floured board;

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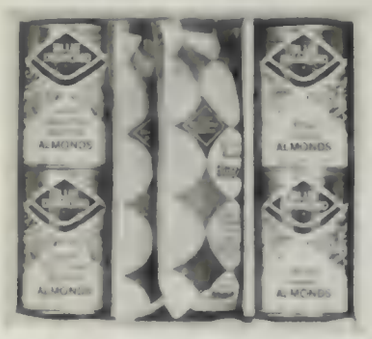

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Los Angeles, California 90006

or knead as directed, then divide in
Pat or stretch (do not roll) each hal
dough to fit a 12-inch greased pizza
press dough over rims of pans.

Bake pizza crusts in a 375° oven
well browned, about 15 to 20 min
(If bubbles form on bottom during
ing, lift edges to allow steam to esc
If you bake both crusts in the same o
arrange pans in alternate position
the 2 oven racks, then switch their
tions halfway through the baking

Lamb shank oven dinner

Lamb shanks require little attention
ing the oven-baking for this dinn

Fresh Spinach and Grapefruit Sala
Tomato Baked Lamb Shanks
Buttered Green Beans **Hot Corn M**

Buy frozen corn muffins and heat
as the package directs. To save
bake shanks ahead and chill them; li
solidified fat and reheat shanks, cov
in a 350° oven for about 40 minute

Fresh Spinach and Grapefruit Salad

Several hours in advance, cut the
and all white membrane from 1
grapefruit. Holding it over a bo
catch juice, cut out sections and res
In a jar combine 2 tablespoons o
grapefruit juice, ¼ cup salad oil, ½
spoon salt, 1 teaspoon sugar, ¼ teas
pepper, ¾ teaspoon dry mustard,
clove garlic (minced or mashed).
to blend; cover and chill.

Remove stems from ¾ pound (ab
bunch) spinach and discard. Wash l
well, pat dry, then chill. To serve,
spinach in pieces into a bowl. Top
grapefruit sections and dressing,
well, and serve. Makes about 4
servings.—*R. M., Roseburg, Ore.*

Tomato Baked Lamb Shanks

- 4 or 5 lamb shanks, with bones cracke (about 4 to 5 lbs.)
- Flour
- 1 large can (1 lb. 12 oz.) Italian-style pear-shaped tomatoes
- 1 medium-sized onion, thinly sliced
- 2 cloves garlic, minced or mashed
- 1 teaspoon *each* salt and oregano leaves
- ½ teaspoon ground cumin
- 2 teaspoons chile powder
- Chopped parsley (optional)

Coat lamb shanks in flour, shaki
excess. Fit shanks into a 4 or 5 qua
serole or Dutch oven so that they
completely fill the bottom. Turn
toes into a bowl and break them u
a fork. Add the onion, garlic, salt,
ano, cumin, and chile powder;
blend. Pour over lamb shanks.
tightly and bake in a 400° oven
meat is very tender when pierced,
2 to 2½ hours. (If liquid is excessi
move cover during final 15 minu
baking.) Skim and discard fat. Sp
with parsley. Serves 4 or 5.

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the Queen of wanted bone her wedding chose Aynsley. at good! ey Bone China and white as nake, to con- the gold d enamel at decorate it. atterns are nary, some rary, some l, but all exud- t sense of

embroke, show here, ned by Aynsley h century. It ced in raised rich in colour re.

all Aynsley is a style you nt to live with ife.

0, the five-piece ng. Other ange from 00.

for free bro- nsley English na, 225 Fifth New York

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Your own chick liver pâté

Chicken livers can easily be ma delicious pâté to use in a variety c for party meals. Spread it on cris crackers or toast for superb app or serve it at the table as a first c

The pâté recipes below have subtle ences in flavor and texture. Musl and onions richly imbue the first which is blended into a smooth, spread. The second pâté, mildly fl with Sherry, can be either mash a fork or blended smooth—ar could add some chopped egg.

Both pâtés are based on one po chicken livers; buy them or freez as they accumulate from the cl you use. Keep pâtés, well cover refrigerated, for at least a day, long as 5 days) for flavors to r You might pack them in att crocks for serving or for gifts.

After the pâtés have chilled, th be molded into a bar or a sq place on a serving plate; cover t about ¼ cup finely chopped gree or toasted cashews or almonds. could slice the pâté to present o vidual plates.

Chicken Liver and Mushroom Pâ

In a 10-inch frying pan, melt (⅜ lb.) butter or margarine an 1 pound chicken livers until th their pinkness, 4 to 6 minutes. slotted spoon to transfer meat to a er container. Put in the pan onion (chopped), ¼ pound musl (sliced); cook, stirring until o soft, 3 to 5 minutes. Add ½ te salt and ¼ teaspoon *each* pepp ground nutmeg and turn into the container; whirl, turning motor off, until smooth. Cover and chill. about 2½ cups.—*B. K., San Jos*

Liver Pâté with Sherry

In a 10-inch frying pan, melt (⅜ lb.) butter or margarine and pound chicken livers and 2 cloves minced or mashed, until livers lo pinkness, 4 to 6 minutes. Remov heat and add 1¼ teaspoons Wo shire, ½ teaspoon salt, ¼ teaspo per, and ⅓ cup dry Sherry. Tur bowl and mash well with a fork, into a blender container and whi smooth. Cover and chill. Makes 2½ cups.—*A. S., San Francisco.*

Pâté with Eggs. Prepare liver pâ Sherry, mashing with fork. Then mix in 1 hard-cooked egg, chopp

HO HO HO!

Call of the Wild

Folks in the northern Great Lakes country tell a tall tale. They say a legendary Giant mysteriously left his quiet Valley and wandered the lakes gathering wild rice.

Coincidentally, the Jolly Green Giant recently turned up with frozen white and wild rice—an exciting combination of long-grain white rice and Great Lakes wild rice seasoned and frozen in the Giant's Stay-Perfect cooking pouch.

There may be a grain of truth to the claim that this Giant is really the Jolly Green Giant. (Even though White and Wild Rice is only one of six Green Giant frozen rice dishes.)

There is no proof, of course. But those who have been in the wilds and have heard this mysterious Giant's call say it is hauntingly familiar.

Green Giant
Good things from the garden

GREEN GIANT, JOLLY GREEN GIANT, and the Giant Figure are trademarks of Green Giant Company. ©GGCo.

Tart "souse apricots *ne tea bread t with cordia*

NORMAN A. PLATE

Ingenuity with wine-saturated apricots

A recipe for making wine cordials from dried fruits in the December 1970 *Sunset* prompted some enthusiastic letters from readers describing the ingenious ways they use wine-saturated apricots. Two are reported below.

Soused apricots have proved so versatile that we have developed a slightly revised recipe that will give you a larger amount of fruit. You can start using the apricots after they've steeped about 3 days. Plan to use them up within a month, or they'll become soft.

Apricot cordial with soused apricots. In a 2-quart jar, stir together 1 cup sugar, 1 small bottle (⅔ quart or about 1¾ cups) dry white wine, ½ cup brandy, and 1 pound (about 2½ cups) dried apricots. Cover and let stand at room temperature at least 3 days; stir occasionally. Makes about 1½ cups cordial and 3 cups soused apricots.

The cordial and apricots lend a tart, sweet flavor with wine overtones to this tea bread. Freshly baked it has a cake-like texture that mellows in a day or two so you can cut the bread in thin moist slices. You might serve the cordial as a beverage to accompany the bread.

Apricot Cordial Tea Bread

- 4 tablespoons soft butter or margarine
- ½ cup sugar
- 1 egg
- 1¾ cups regular all-purpose flour (unsifted)
- 2 teaspoons baking powder
- ¼ teaspoon *each* salt and soda
- ½ cup apricot cordial (see directions above)
- ½ cup soused apricots
- ¼ cup chopped almonds

With an electric mixer or wooden spoon, beat together the butter and sugar until creamy. Beat in the egg until smooth. Stir together the flour, baking powder, salt, and soda. To the butter mixture add flour mixture alternately with the cordial, blending well after each addition. Drain apricots well in a strainer, then dice. Stir apricots and nuts into batter until evenly distributed. Spoon batter into a buttered and flour-dusted 8½ by 4½-inch loaf pan.

Bake in a 325° oven for 55 minutes or until a skewer inserted in the center comes out clean. Cool in the pan for 10 minutes, then turn out on a rack. Serve warm or cooled. To mellow bread, cooled loaf in clear plastic film and in a cool place for 2 days. Makes 1 —*K. S., Castro Valley, Calif.*

The apricots and cordial combine prunes and dried apples in this hot pote. Mildly seasoned with curry, flavorful fruit accompaniment for r especially delicious with pork r chops, ham, or chicken.

Dried Fruit Cordial Compote

In a 1½-quart casserole, stir tog ½ cup *each* apricot cordial (see tions above) and water, 1 tables lemon juice, ½ teaspoon *each* g lemon peel and curry powder, an cup light brown sugar. Add 1 soused apricots (drained), ½ cup p prunes, and 6 to 8 dried apple ring in bite-sized pieces); stir to mix. with 2 tablespoons butter or marg Cover tightly and bake in a 325° for 40 minutes or until fruits are p and tender and syrup is bubbly. hot as a sauce or garnish for po poultry. Makes about 3 cups.—*B San Jose.*

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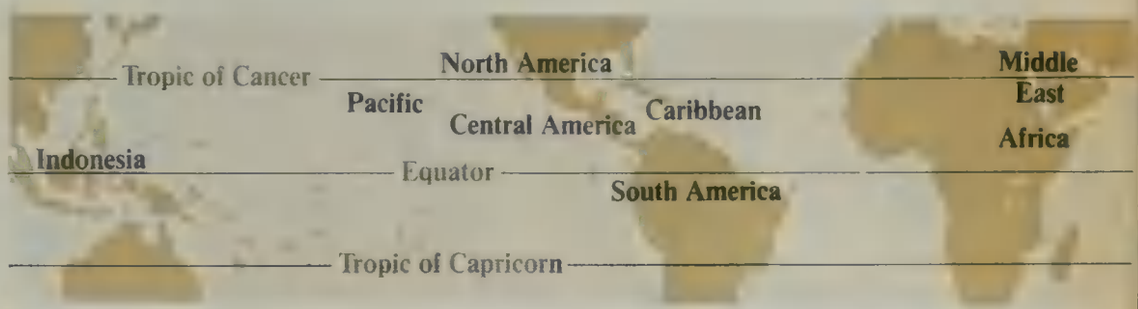
U.S. GRADE A FANCY

The discovery of coffee by playing the blending game

DARROW M. WATT

black *beans at right haracteristic look nch roast. The beans are Colombia*



Coffee growing *regions spread all around the tropics. Note that top chart (below map) applies only to top-quality "straight" coffees. Bottom chart explains the commercial blends*

earch for a better cup of coffee n. If you join the search you may become a coffee blender yourself, ering the differences between kinds ffees and how these affect each when mingled in a brew. It's not not inexpensive, often bewildering isappointing, but still a great game. you buy canned or packaged cof- at are already blended and ground, ste is mostly beyond your control. t all you can do is learn to recog- offees with characteristics you like rew the beverage carefully to e those flavors.

here are other options—making own coffee from one special kind n or from a blend of beans. Each "straight" coffees you can buy art) consists of beans from one of orld's coffee-growing areas. They mainly from the same plant (*Cof- abica*) but their flavors are influ- by where they are grown—in climate, soil, and altitude—then, , by how they are processed and d.

decide to go beyond "can" coffee ant to try your hand at coffee dis- y, you should first learn a bit about differences—roast, acidity, body.

. Green coffee beans taste some- like hay; it's the roasting heat that out the coffee flavors and at the time darkens the beans to a rich . Most roasted beans you'll find le have been heated until they turn mon brown, the stage at which the is developed but not to the point terness.

blends of beans are roasted darker,

Straight roasted coffees of top quality (compared to top-quality Colombia coffee)

Coffee origin and name	Acidity	Body
Indonesia		
Celebes	lower	more
Java	lower	more
New Guinea	slightly lower to about equal	about equal
Sumatra	lower	more
Central America		
Costa Rica	higher	slightly more
Guatemala	higher	less
Africa		
Ethiopia	about equal	less
Kenya	about equal	less
South America		
Brazil	lower	less
Colombia	comparison standard	comparison standard
Caribbean		
Jamaica Blue Mountain	higher	more
Pacific		
Hawaii Kona	higher	less
North America		
Mexico	higher	less
Middle East		
Mocha (Yemen)	higher	about equal

Blended coffees

Name on the package	What the name implies	Flavor balance
Brand names, Proprietary names	Individual blends developed by coffee merchants. Includes most vacuum-packed ground coffees sold in supermarkets. Content of blend is usually not specified	Generally these are made from straight roasted beans. Blends can contain a number of different coffees and blend may change in proportions at different times due to coffee supply, weather, price. But firms usually try to maintain flavor consistency
Mocha Java	Blends of Mocha beans and Java beans in varying proportions according to different roasters	Flavors of these two beans are generally accepted as so complementary that most coffee stores sell a blend of the two. Java has rich strong flavor; Mocha adds desired sharpness
Vienna roast (dark)	Blends of different coffee beans (selected by companies or store proprietors) roasted slightly darker than straight roasted coffees	Flavor more pronounced than for straight roasted coffees, with slight bitterness esteemed in Europe
French or Italian roast (very dark)	Blends of beans roasted until virtually burned; beans are black with slick, oily film	Flavor is very strong and bitter, an acquired taste; sometimes used for adding strength to other blends

Was your wallet broken into last night?

It was, if you ordered Roquefort, paid for Roquefort—and they quietly served you something else.

Next time, play it smart. Ask to see the sheep's seal on the label of the portion or loaf. It tells you that Roquefort means Roquefort cheese. It's unlike any other in the world. It's made only from ewe's milk. And ripened only in the caves at Roquefort, France. Better restaurants are proud to show they serve the real thing. And wouldn't you feel sheepish accepting less than you paid for?

Roquefort Association, Inc.,
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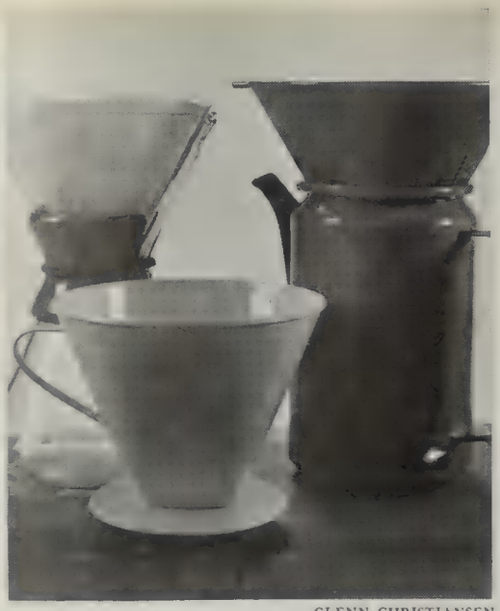

GLENN CHRISTIANSEN

Three kinds *of filter-drip coffee maker (2 to 6-cup size). Left to right: one-piece glass unit (about $10); plastic cone to set over other pot (about $2.75); plastic cone fitting into top of conventional coffee pot (about $1.25). Each uses paper filters*

producing the shiny oily appearance and the bitter flavor esteemed in countries around the Mediterranean. For most Americans this will be an acquired taste. Vienna roast is only slightly darker and stronger than straight roasts; French and Italian roast beans are much darker, almost black, with very strong bitter flavor.

Acidity. When coffee blenders refer to balance of acidity as a flavor characteristic, they don't mean total acid in the brew; they are describing a degree of flavor sharpness.

Body. This refers to the feel of coffee in your mouth. Is it thin and watery or a bit heavy? Does it seem light or robust?

Where to start

If you were to ask a coffee expert to recommend a coffee, chances are he would ask if you like your cup mellow or sharp, light or heavy. Then he will recommend one or two coffees to try first—most likely a good grade of Colombia coffee. The best Colombia beans produce delicious middle-of-the-road coffees—moderately full bodied with a moderately acid flavor.

After testing this approach, we make the same recommendation. Start by trying Colombia beans. Our chart lists Colombia as the comparison standard; all other coffees on the chart are compared to it. They are either lower or higher in acidity and with more or less body than Colombia coffee—or about the same.

The entries on our chart are premium coffees, and the descriptions are for quality beans. Coffees of lesser quality may have different characteristics. In add each coffee roaster, by the way he p esses coffee, adds his individual influ on flavor.

For example, some coffee roasters age green coffee before roasting an a less acid flavor. Or roasters wil crease roasting time, with a less ac more mellow flavor as one result. I pean roasts are typically less ac flavor.

Making your own blends

There are no hard and fast rules it comes to blending coffees; you p mix-and-match game to meld the fl and characteristics you like. It's a game to learn and play. In time i result in personalized coffee—com tions you and your family like espe well, combinations to try out on friends.

Tasting individual coffees by them is the way to start. You can learn t late flavor and body qualities. In cialty coffee stores you often get an of what a coffee is like by chew freshly roasted bean.

When you blend coffees, consider approach. If you find a mild fla coffee that is lighter bodied than prefer, perhaps a Kona or Brazil, e it by using part Colombia, Java, dark roast. If the full body and flavor of a Sumatra or Mocha is robust than you like, tone it down a Mexico or Brazil. Or you might customize your favorite brand of uum-packed coffee; you can enri lighten it by blending in some str coffee you bought separately.

One family we know uses a m French roast and high acidity Ko Jamaica. Then they vary the mix: fourth French roast for breakfast c one-half French roast for after-d demitasse.

Buying coffee

You'll find coffee beans and groun fee in great variety in specialty stores, and in lesser but still inter array in certain supermarkets. Som permarkets position coffee beans special blends in a gourmet section from the shelves of vacuum-packe fee. Beans usually come in 12-oun 1-pound prepackaged bags. Freque grinding machine is available.

Special coffee stores are worth sear out. One big reason is that there can talk to someone whose busin coffee. You can ask specific que about coffees. You can buy bea quantities as small as ½ pound, have them ground to your specifica if you don't do the grinding at h Prices aren't cheap. They range about $1.25 a pound to as high a pound for the rarer beans. The stores will frequently also carry s

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Federal law permits heads of households to make up to 200 gallons of tax-free wine a year. Each kit contains the necessary form for you to fill out and mail in.

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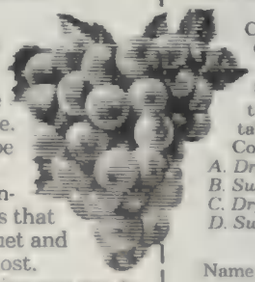

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F. Sweet rosé
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coffees such as caffeine-free or lov
types.

Grinding coffee

All coffee making systems call for
own fineness of grind. If you are u
tell the coffee store what system y
and get advice on the proper grin

You will get the freshest flavor i
grind your coffee just prior to br
This means that sooner or later yo
want to invest in your own gr
You'll find manual and electric n
in many housewares departments,
enware stores, and coffee stores.
description of most types and
prices, see page 48 of the January
Sunset.

Making coffee

You can use almost any method yo
to make coffee. If you are ready
change you might try the followin
ple filter-drip method:

Use a coffee maker with a filter u
improvise with a plastic coffee
(available with filters in supermark
coffee stores for about $1) set in
top of almost any pot of proper siz
photograph on page 200).

Have coffee ground for drip prepar
Fit filter into cone section of
maker. Pour in boiling water to
filter and preheat server; discard
Measure 2 level tablespoons (1
measure) ground coffee into the fil
each 6 ounces (¾ cup) water to b
—or, if this proves too strong,
strength to suit taste. First pour a
amount of boiling water over the
to wet the grounds. Then pour in t
of the measured amount of wate
let it filter through.

Discard filter and coffee grounds.
coffee immediately. If necessary
coffee hot on a warmer or in a larg
of simmering water; don't let it b

Storing coffee

The enemies of good coffee flav
heat, light, moisture, and time. It
to buy no more beans or ground
than you can use in a short tim
perts recommend storing coffee
tight containers in a cool place
from the oven, surface cooking ur
the sink.

When stored correctly at room ter
ture, straight roasted coffee beans
tain freshness for a month. If stor
longer periods, it's a good idea
them in the freezer.

Once ground, coffee stales rapidl
darker the roast, the faster it will
After a week, loss of flavor is noti
The great answer is to grind bea
before each coffee brewing. The
you pay is only a little time. The
is aroma, flavor, and, for coffee
a great start to the day.

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$1.00*

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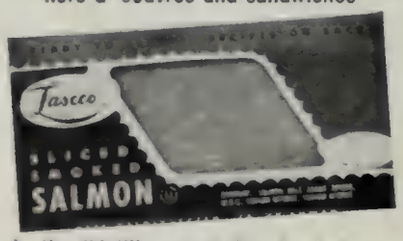

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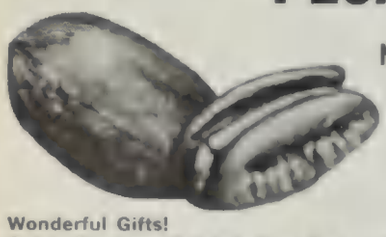

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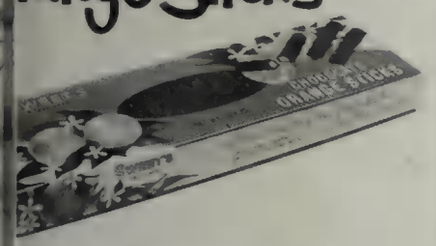

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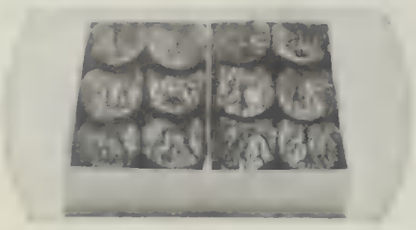

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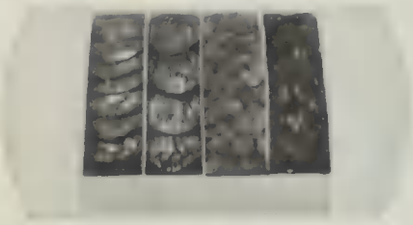

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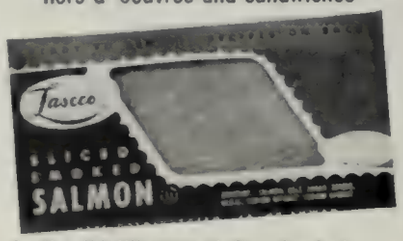

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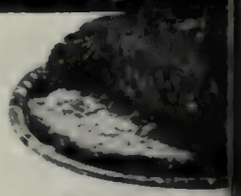

1 lb. ground beef
½ lb. Bird Farm Sage Sausage
1 egg
½ c. corn meal
2 tsp. salt
¼ tsp. pepper
¼ c. chopped gre pepper (optior
½ c. cream style c
1¼ c. canned tomat chopped coars

Combine and mix all ingredients. In a 5" X loaf pan, bake in a 350° oven for 1½ ho Serves 6.

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DARROW M

Chayote *shell filled with meat, cheese-topped, makes supper entrée*

Looks like papay tastes like squas

In shape and size, the chayote reser papaya—see *The pale green fruits the worried look* on page 256. Bu cook and serve it like squash.

The chayote most often seen in ma from now through February has green skin with deep furrows. A varieties are darker green and may short spines.

Cooked chayote resembles su squash in taste, but has firmer flesh juicy and crisp like water chestn cooks quickly like zucchini and large flat seed you can eat.

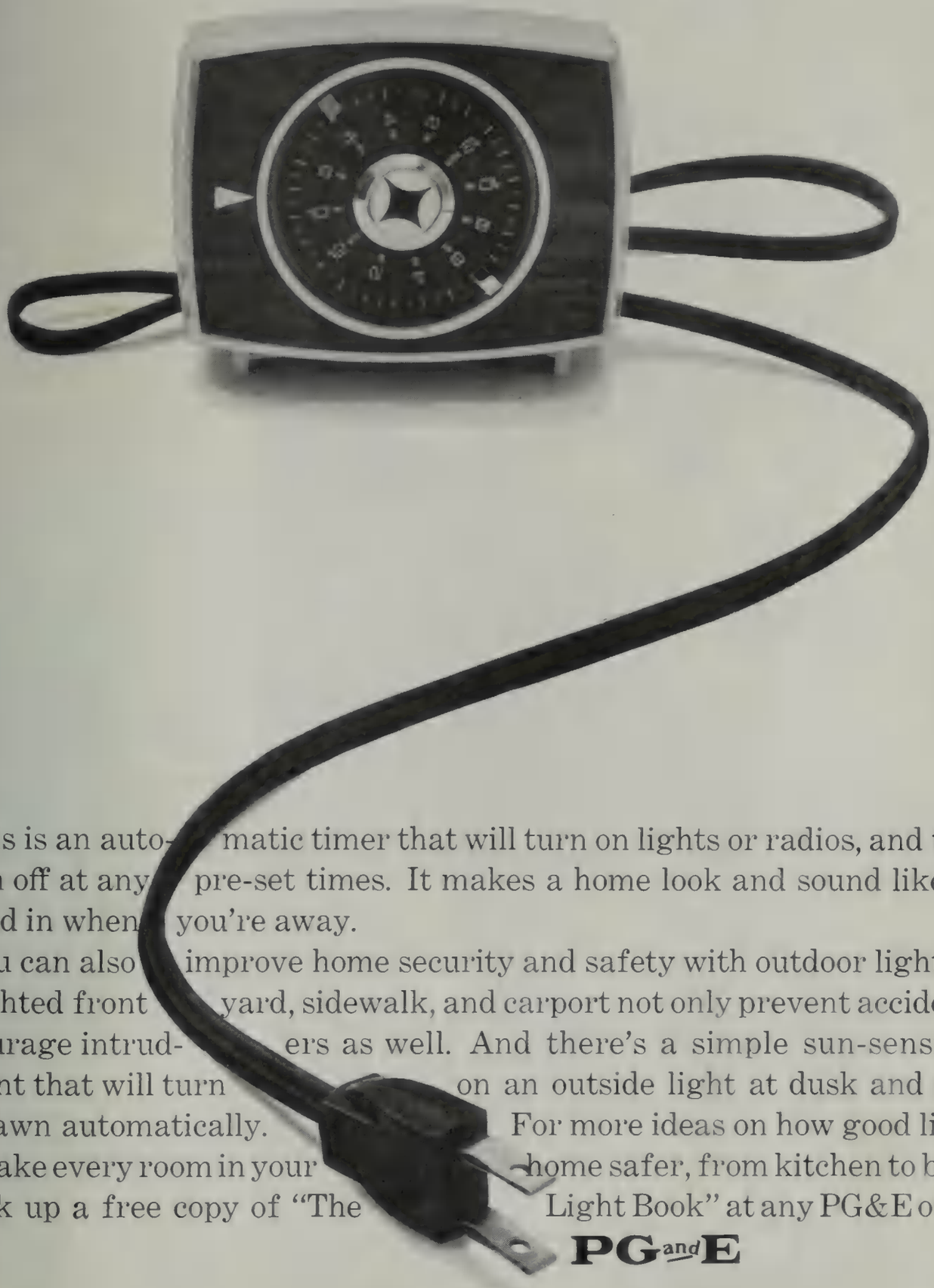
The following recipes for chayot clude a simply cooked vegetable a crunchy, piquant salad made lightly cooked and chilled chayote an entreé with a spicy ground lam ing baked in chayote half shells.

Chayote served raw makes an inter fresh vegetable appetizer: Cut ch in half lengthwise, lift out and di the seed, and peel with a vege peeler. Thinly slice halves and with lime wedges and a small bo salt on a serving plate. To eat, dip in salt and sprinkle with lime juice

Butter-steamed Chayote

Rinse 1 medium-sized (about 14 chayote, peel it, then slice cros through seed and all to make ⅛- thick slices; cut the slices in half should have 3 cups). Melt 2 tables

To protect your home, his should be there when you aren't.



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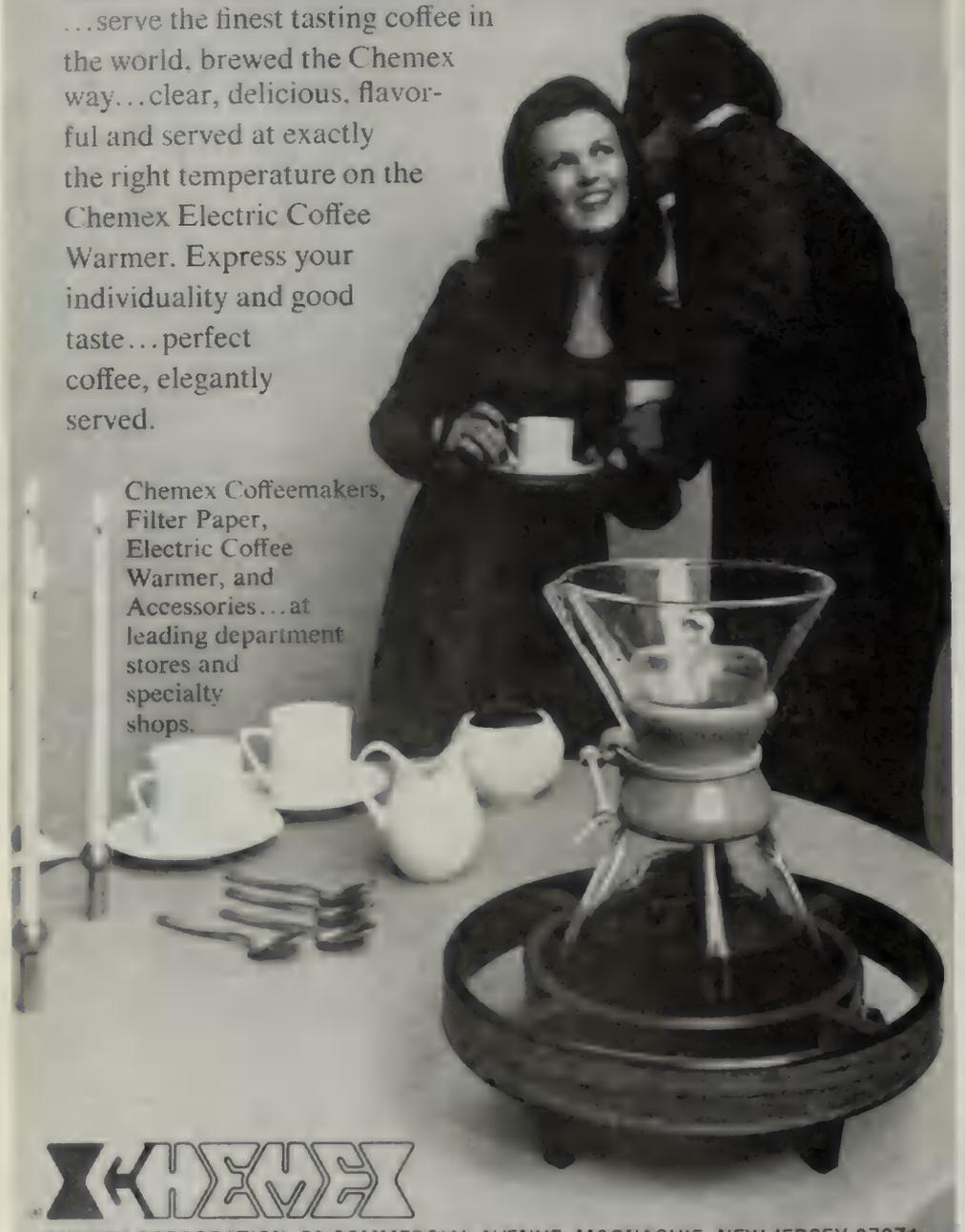

CHEMEX

CHEMEX CORPORATION, 50 COMMERCIAL AVENUE, MOONACHIE, NEW JERSEY 07074

butter or margarine in a wide frying (one with a tight-fitting lid) over me heat. Add sliced chayote, ⅔ cup w ¼ teaspoon salt, and ⅛ teaspoon per. If desired, also add ¼ teas oregano or thyme leaves.

Stir mixture, cover tightly, and cool 8 to 10 minutes or until chayote is tender and liquid is absorbed. Stir tablespoons chopped parsley and into a serving dish. Serve at once. M 3 or 4 servings.

Chayote and Tomato Salad

Rinse 2 medium-sized (about 14 *each*) chayotes, peel them, then c halves lengthwise, and lift out seed; ly slice halves and cut slices in th Drop into about 2 quarts rapidly bo salted water; cook 1 minute. Drain plunge into a large quantity of water; drain well.

In a bowl, mix 3 tablespoons oliv or salad oil, 2 teaspoons lime juic tablespoons white wine vinegar or v vinegar, ⅛ teaspoon pepper, anc teaspoon *each* salt, sugar, and leaves, crumbled. Add the chayote ⅓ cup *each* finely chopped green pe and green onion. Cover and chill f least 1 hour or overnight.

To serve, line a salad bowl with let fill with chayote mixture, and ga with 2 medium-sized tomatoes, p and cut in thin wedges. Serves 6.

Panama-style Stuffed Chayotes

Scrub well 2 medium-sized (abou oz. *each*) chayotes unpeeled; cut in lengthwise through seed and drop h into a large quantity of boiling, s water. Bring water back to boiling simmer, covered, until tender, 30 t minutes. Remove from heat, drain, let cool.

When cool enough to handle, u spoon to scoop out pulp (also se leaving shells at least ¼ inch t sprinkle lightly with salt. Chop pulp seeds; set aside.

In a frying pan over medium heat, 1 tablespoon butter or margarine. P ½ cup chopped onion and cook, sti occasionally, until golden, 6 to 8 utes. Remove from heat and lightly in the chayote pulp, ¾ pound gr lamb, 2 tablespoons fine dry b crumbs, 1 teaspoon dried mint le (crumbled), ½ cup seedless raisins cup catsup, 2 eggs, and 1 clove g minced or mashed.

Mound filling into chayote shells, s kle ¼ cup shredded fresh Parm cheese evenly over the top, and arr in a shallow baking pan; pour in ¼ of water. Bake, uncovered, in a oven until top is lightly browned mixture heated through, 30 to 35 utes. Serve hot. Makes 4 servin

J. C., Palo Alto, Calif.

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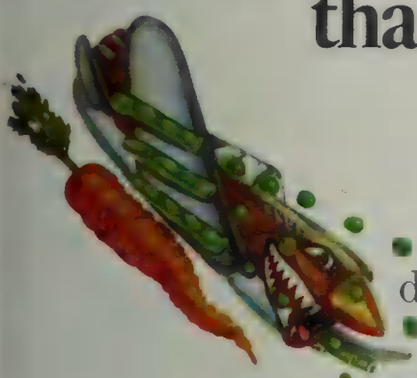
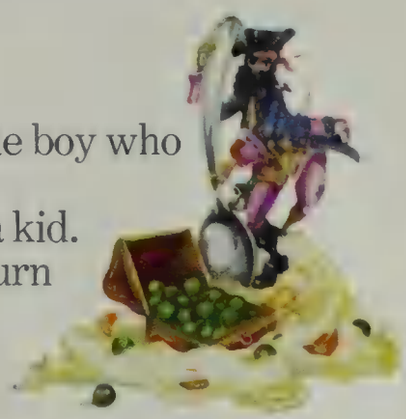
There was a time when the stories were more interesting than the vegetables.



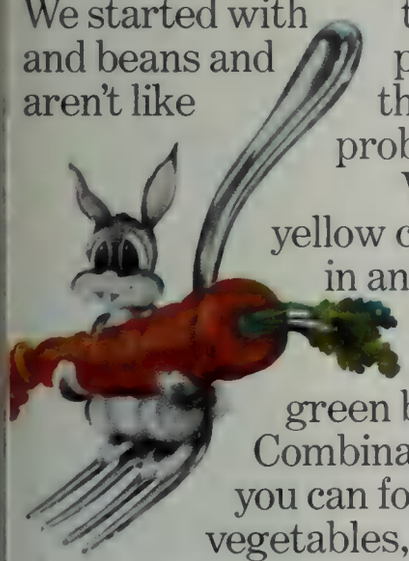


Inside every man, lives a little boy who didn't like his vegetables.

Ask any man who was ever a kid. He'll tell you mother could turn peas into buried treasure and carrots into rabbits and make asparagus taste as good as cotton candy at the circus on a Saturday afternoon.

Until the impossible happened: Little Jimmy opened his mouth as wide as his eyes and in went the vegetables, vitamins and all.

At Birds Eye,® we never forget that little boy. That's why we've come up with Birds Eye Combinations.® We started with the simple vegetables of old, like carrots and beans and peas. But Birds Eye Combinations aren't like the vegetables that gave all the problems to yesterday's mothers.



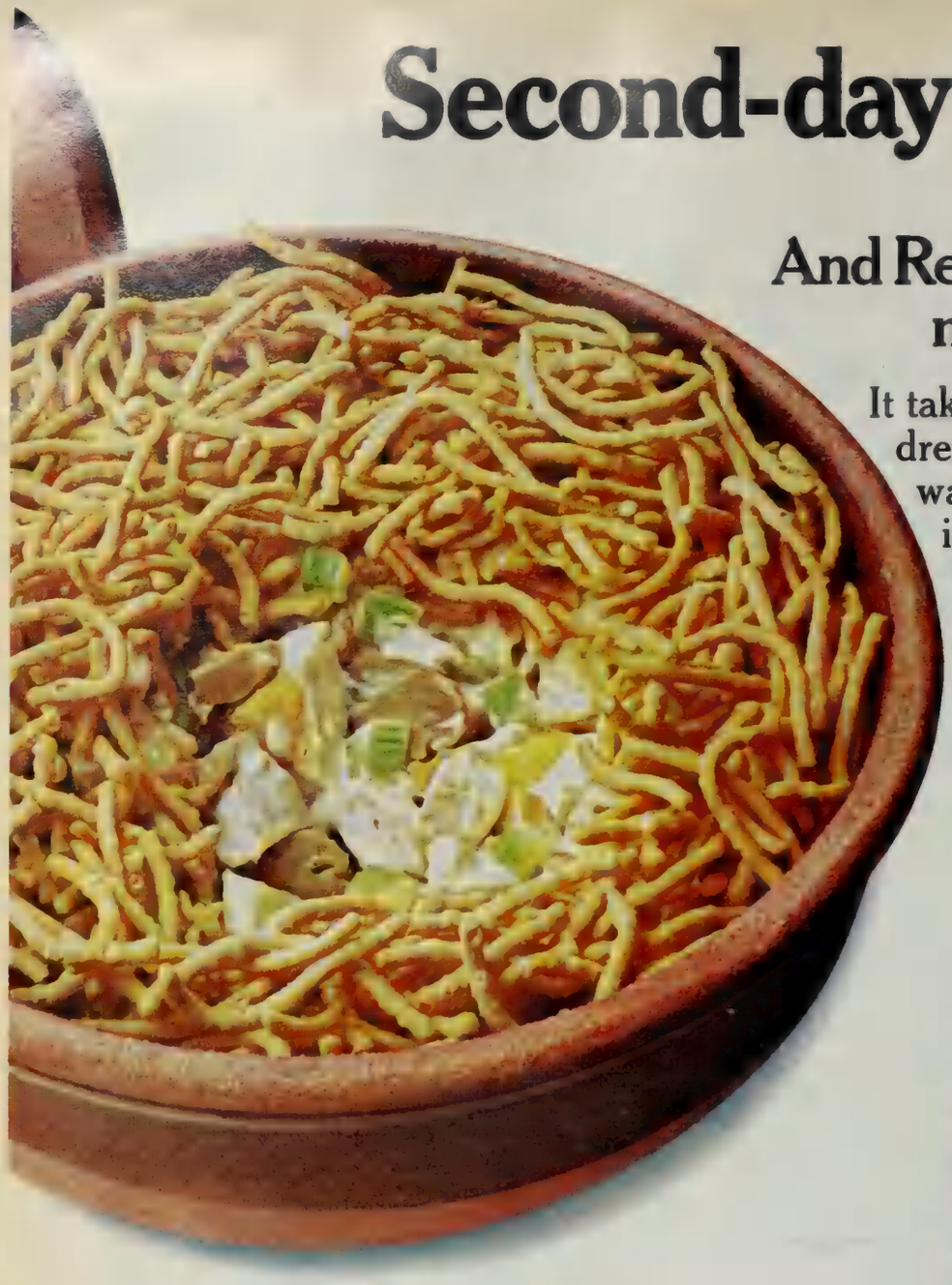
We've combined green beans, peas, yellow corn and baby limas. All swimming in an onion sauce. Put a delicious brown sugar glaze on the carrots. Added crisp, toasted almonds to French green beans. With Birds Eye Combinations on the table you can forget about the vegetables, for a change. And concentrate on more important things. Like what you're going to serve him tomorrow night.

And the night his mother comes to dinner.

Birds Eye Combinations. The vegetables mother never had.

GF
GENERAL FOODS KITCHENS

Second-day turkey dishe



And Real Mayonnaise is the oth name for Best Foods®.

It takes fresh, delicate Real Mayonnaise dress up left-over turkey so many delici ways. Heat it or chill it. Real Mayonna is so smooth and creamy, it holds u everything from casseroles to sau like these. And Real Mayonna means whole-egg Best Foods.

TURKEY CRUNCH CASSEROLE

Delicate Best Foods won't overpower even the mildest flav

3 cups diced cooked turkey
2 hard cooked eggs, chopped
1 can (4 oz) sliced mushrooms
3/4 cup diced celery
1/2 cup slivered blanched almonds
1 tablespoon chopped onion
1 can (10 1/2 oz) condensed cream of chicken soup
3/4 cup BEST FOODS Real Mayonnaise
Chow mein noodles or crushed potato chips

Mix together first 6 ingredients. Stir soup into Real Mayonn toss with turkey mixture. Turn into 2-quart casserole. Sp with noodles. Bake in 350° F oven 30 minutes or until mixt bubbling. Serves 6.

TURKEY CHEESE BALL

Best Foods helps keep this canape spread just-made fresh.

1 package (8 oz) cream cheese
1 cup finely chopped cooked turkey
3/4 cup finely chopped toasted almonds
1/3 cup BEST FOODS Real Mayonnaise
2 tablespoons chopped chutney
1 tablespoon curry powder
1/4 teaspoon salt
Chopped parsley
Assorted crackers

Mix together first 7 ingredients. Chill several hours; shape into ball. Roll in parsley. Serve with crackers. Makes 2 1/2 cups.

TURKEY BURGERS

Best Foods won't separate even when heated in a recipe like

2 cups chopped cooked turkey
1 egg, slightly beaten
1/2 cup BEST FOODS Real Mayonnaise
1/2 cup diced celery
1/4 cup fine dry flavored or plain bread crumbs
2 tablespoons finely chopped onion
2 tablespoons finely chopp blanched almonds (optional)
1/4 teaspoon salt
1/4 teaspoon pepper
Bread crumbs
1 tablespoon Nucoa® mar
3 English muffins, split and toasted
Lettuce

Mix together first 9 ingredients. Chill. Shape into 6 pattie in bread crumbs. Melt margarine in skillet over medium Cook about 10 minutes or until evenly browned. Serve on halves with lettuce. Serves 6.

at start with Real Mayonnaise.

TANGY CREAMED TURKEY

Smooth-blending Best Foods makes this sauce extra creamy.

2 tablespoons Nucoa margarine
1/4 pound mushrooms, sliced (about 2 cups)
1/2 cup chopped onion
1/4 cup chopped green pepper
1 cup BEST FOODS Real Mayonnaise
1 cup plain yogurt
1/2 teaspoon salt
Dash pepper
1 1/2 cups chopped cooked turkey
1 cup cooked green peas
1 tablespoon chopped pimiento
Cooked saffron rice

garine in skillet over medium heat. Add mushrooms, onion and green pepper; il tender. Mix together next 4 ingredients; add to sauteed vegetables. Stir in as and pimiento. Heat over low heat until thoroughly heated. Serve with rice.

TURKEY LOAF

Whole-egg Best Foods helps this loaf stay in shape.

6 cups finely chopped turkey
1/2 cup fine dry bread crumbs
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chili sauce
1 cup BEST FOODS Real Mayonnaise
1 teaspoon salt
1/8 teaspoon pepper

Combine all ingredients. Turn into greased 9 x 5 x 3-inch loaf pan. Bake in 350°F oven 30 minutes or until lightly browned. Serve with sauce, if desired. Serves 8.

TURKEY DIVAN

Versatile Best Foods makes a creamy sauce in just one step.

1/4 cup milk
1/2 cup BEST FOODS Real Mayonnaise
1/2 cup finely shredded Cheddar or grated Parmesan cheese
Cooked turkey slices
1 package (10 oz) frozen broccoli spears, cooked and drained
4 slices toast

Gradually stir milk into Real Mayonnaise in saucepan. Heat over low heat just until hot. Stir in cheese until melted. Arrange turkey and broccoli on toast. Spoon on cheese sauce. Serves 4.

BRING OUT THE BEST FOODS AND BRING OUT THE BEST.

Best Foods, a Division of CPC International Inc. CPC

The pheasant no longer flaps about but it plods around all day

Chefs of the West

The Art of Cooking . . . by men . . . for

The pheasant is cousin to the chick At some point in the distant past, th two birds and large numbers of th relatives decided that flapping about der the clouds was unworthy of th They took up a dignified strut instea This preference for solid ground meaning for the cook. The legs thighs, constantly exercised, receiv rich supply of blood and so get dar The neglected flying muscles of breast are relatively bloodless and t pale. Even more important, the br stays tender and requires little cook while the muscular legs can be che With a chicken, one solves the prob by locking it up and refusing it exer but a pheasant plods around all da

There are cooks who give up. They and eat the pheasant breast and sin chuck the rest or make broth. *Chef* K dric Morrish to the rescue. What you he says, is cook the two parts of the in completely different ways and b them together only at the end, jo in unctuous sauce. Here's how:

Morrish Pheasant

- 1 pheasant (about 3½ lbs.)
- Salt
- All-purpose flour
- 4 tablespoons salad oil
- ½ cup *each* dry white wine and water
- 1 medium-sized onion, sliced
- ½ pound mushrooms, sliced
- 2 cups béchamel sauce (recipe follows
- Hot, cooked wild rice (or white and wild rice mix)

Cut legs, thighs, and wings from ph ant; separate back and breast. Bone skin breast and set this meat a Sprinkle remaining pieces with salt, turn in flour and shake off excess. 2 tablespoons of the oil in a frying over medium high heat; add flo pheasant pieces and brown well o sides. Transfer to a 4 to 6-quart k or pressure cooker, add bones and from breast, wine, water, and o Cover and simmer for 45 minute bring to pressure and cook 20 mi at 15 pounds pressure).

When bony parts are done (if pre cooked, reduce pressure by running water over the cooker, then ope pour broth through a wire strainer serving it for the béchamel sauce remainder aside to cool, then pluck from bony parts and discard res Cut the meat into bite-sized chunk set aside.

Place the breast meat between shee

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pound,

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Brother Timothy's
Napa Valley Notebook
2nd of a series

Enjoy the
Napa Valley difference
in Zinfandel from
The Christian Brothers

One of the favorite controversies among viticulturists—professional and otherwise seems to be the historical origin of the Zinfandel grape.

There is no doubt that this is one of the most popular grapes in California vineyards. However, the quality of its fruit varies from area to area. Through the years we have experimented with it, we have concluded that the soils and climate in the vineyards around our Napa Valley Monastery and Winery produce a truly superior Zinfandel grape.

The wine it yields in our cellars is quite unlike any other Zinfandel. As with our other premium red table wines, we have aged it in oak for about four years, and further in the bottle before shipping. The result is a fruity, deep red wine with a spicy, berry-like flavor. There is an unexpected softness in the first sip, followed by a rich and satisfying deep aftertaste.

Discovering and serving a new wine is always a pleasure—partly because of the discussion it can start. I think you'll enjoy introducing The Christian Brothers Napa Valley Zinfandel, and find it fits every occasion—from picnics to formal dinners.

And though it doesn't settle the controversy, you can say that the Zinfandel is a grape we love here in the Napa Valley.

Brother Timothy F.S.C.

Brother Timothy, F.S.C., Cellarmaster
The Christian Brothers Winery
Napa Valley, California

Brothers Brothers, Fleming and Lichel, Inc.
San Francisco, California

waxed paper; pound with a flat-surfaced mallet until about ⅛ inch thick. Cut each piece in thirds, across the grain. Heat the remaining 2 tablespoons oil in a frying pan over medium high heat and quickly cook the breasts until meat changes from pink to white on all sides and begins to brown lightly; cook no more than 1 minute on a side. Cut into bite-sized pieces and set aside.

In the same pan lightly brown the mushrooms over medium heat, stirring, for 3 or 4 minutes. Add all the pheasant meat and mushrooms to the béchamel sauce; heat, stirring, until simmering. Serve with hot cooked wild rice or rice mix cooked according to package directions. Makes about 4 servings.

Béchamel Sauce. Melt ¼ cup butter or margarine in a saucepan and blend in 2 tablespoons all-purpose flour. Stir for 3 to 4 minutes over medium heat until golden. Remove from heat and gradually blend in reserved pheasant cooking broth (you should have about ⅔ cup; if not, add water to make this amount), ⅔ cup regular-strength chicken broth, and 1 cup light cream (half-and-half). Return to heat and bring to boiling, stirring, and cook until thickened. Add salt and ground nutmeg to taste. Use hot or reheat before using.

K. B. Munich

Walnut Creek, Calif.

From Berkeley a teacher prepares to teach us. The subject of discourse is The Chicken Thing, and the speaker is Dan Peletz.

"His subject is The Chicken Thing"

"I developed this recipe at the Bache don House at UC, where I cooked 25 people one summer. It was so p lar that a friend of mine asked me t it for his wedding reception. Fortuna it was a small wedding."

Mr. Peletz gives us the family ver here. He prefers it as a summer re when the herb bouquet can be gath in the garden. However, even now may still find parsley and chives, th and sage. Snitch the rosemary f someone's decorative ground cover cheat on the summer savory by bu the dried herb.

The Chicken Thing

- 1 large broiler-fryer chicken (3 to 3½ lbs.), cut up
- All-purpose flour
- 3 tablespoons olive oil
- 1 large onion, chopped
- ½ pound mushrooms, sliced
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 4 sprigs parsley
- 1 teaspoon chopped chives (fresh, frozen, or freeze-dried)
- 2 to 3-inch sprig *each* rosemary, thyme, sage, and summer savory (or ½ teaspoon *each* of the dried herb leaves)
- 1½ cups dry Marsala
- Rice Peletz (recipe follows)

Coat chicken pieces with flour; sh off excess. In a wide frying pan (12-i size) heat oil over medium heat; chicken and brown well on all sides. A onion and cook, stirring occasiona until translucent. Add mushrooms, s pepper, and herbs; pour in wine.

Cover and simmer for 45 minutes, until meat is no longer pink through Remove chicken and mushrooms t serving dish and keep warm while use the pan juices to prepare Rice Pel Mound rice in center of serving dish serve with chicken. Serves 3 or 4.

Rice Peletz. Cook 1 cup long-grain as directed on the package, but o salt; instead add 2 chicken bouil cubes to the cooking water. Remove discard herb branches from chicken juices, skim fat, and boil over high h uncovered, to reduce to about ¼ c Stir in cooked rice; serve.

Dan Peletz

Berkeley

Tamales for brunch? Why not? R. Horwitz of San Diego shows us h This will give you something to do w that Thanksgiving turkey when the ti comes. Or, if you can't wait, try it w chicken.

The trick here is to use squares of as wrappers instead of the traditio corn husks. Aesthetic feelings about t may vary, but it is unquestionably ea The recipe title is explained thus: "

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cereal. With all th
fashioned virtues.

We did. And it
has come.
Quaker 100% Natural

h guests cleaned these tamales up urry and the compliments made el 18 feet tall."

h Tamales, 18 Feet Tall

cups dehydrated masa flour (corn tortilla flour)
cups regular-strength chicken broth
teaspoons salt
cup salad oil
cups cold, cooked, finely diced turkey or chicken
cup pitted ripe olives, coarsely chopped
medium-sized onion, finely chopped
cup green chile salsa

30 pieces of foil, each 6 inches e. Stir together masa, broth, ½ tea- of the salt, and the oil to make a paste. Place about 1½ tablespoons e paste on each foil square and d it in the center in a 3-inch square. ogether turkey, olives, onion, salsa, emaining salt. Place about 1½ ta- oons of this filling on each masa e, positioning it down the center. foil edges together so that masa meet, then seal all sides. Arrange es in upper part of steamer, stack- em so steam can circulate amongst Cover tightly, and cook over boil- ater about 45 minutes. Serve hot. s 2½ dozen small tamales.

San Diego

ert Nobriga has this to say:

's Cabbage is named after my fa- who showed me how to fix the only ge dish that I, an adamant de- of the weed, really like. Dad main- that he got the recipe from either Toots or his mother, Laura. In vent, it's been in the family for a e of generations."

Nobrigas, father and son, eat this ith fried liver or steak and a help- hot cooked rice. If you're fond of he cabbage juices can be spooned it to add flavor.

; Cabbage

slices bacon, cut in small pieces
large onion, diced
large head (about 2½ lbs.) cabbage, shredded
cup soy sauce

4 to 6-quart kettle over medium cook the bacon until pieces begin wn. Add onion, cook until trans- , about 5 minutes, then stir in cab- Cook cabbage, stirring, about 1 e, then pour in soy and cover pan. er until cabbage is just tender, 3 minutes, and serve immediate- kes about 6 servings. □

Sacramento

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Spread *apricot-almond filling on wheaty bread coated with cream chee*

Sandwich sprea of fruit and nu

A fruit and nut sandwich isn't as o as some might think. When fruit dried apricots or dates are simm seasoned, and mixed with nuts, make sweet spreads that are delicio thin-sliced whole grain wheat brea ered with cream cheese.

Served open-faced and cut into fruit and nut sandwiches go well coffee or tea. They're nutritious e for a child's lunch box or as an school snack. Each filling is enoug about eight sandwiches.

Apricot-Almond Filling

In a saucepan, combine 1½ cups apricots, lightly packed, and 1 water. Simmer, covered, for 25 minutes, or until very soft and m the water has evaporated—unco necessary for the last few minut cooking. Remove from heat, mash stir in ½ cup firmly packed b sugar. Then stir in ½ cup chopp sliced almonds. Makes about 1½ c

Date-Nut Filling

In a saucepan, combine 2 cups dates, ⅔ cup water, 1 teaspoon g lemon peel, and 3 tablespoons l juice. Simmer, covered, for 25 minutes, or until very soft and m the water has evaporated—unco necessary for the last few minut cooking. Remove from heat, mash. stir in ⅓ cup firmly packed b sugar. Then stir in ½ cup choppe cans or walnuts. Makes about 1½

Prune-Nut Filling

Use 1½ cups pitted prunes, l packed, instead of dates in recipe a Use chopped filberts or almonds.

Apricots are the nicest way to get your Vitamin A. That's the vitamin that helps you have beautiful skin and hair. Sure, there are green vegetables which have more Vitamin A than apricots. But think about it: do any of them taste as good as a golden apricot?

We don't have anything against mustard spinach. We don't feel superior to all the fruits that don't have as much Vitamin A as we do. But apricots have a taste that is unique—and delicious. Do you remember it?

We don't say apricots will make you beautiful. Only that they will help. And while they're helping—they taste beautiful. Really.

Apricots. The Beauty Fruit.

California Apricot Advisory Board

Oxtails are scarce but flavorful

Cooked long and slow, oxtails become moist, tender, and remarkably tasty. In the recipes below we brown them first, then add liquid, cover, and simmer gently until tender. As they cook, their rich full-bodied flavor permeates the liquids and vegetables cooking with them to make exceptionally well flavored meat sauces and stews.

Oxtails, which actually come from beef cattle, are relatively scarce because, of course, there's only one to an animal. But they are available in meat markets. You may have to ask the meatman to order them, or he may have some stored in the freezer.

Each tail is usually cut into pieces about 2 inches long, with all the pieces then packaged together. Well trimmed oxtails are usually quite lean, but be sure to cut off any excess surface fat before cooking. One tail usually yields about 2 pounds of meat.

Sliced vegetables cook with the oxtails in this colorful herb-seasoned stew. As the oxtails simmer, peel and slice the fresh vegetables.

We've tamed the wild rice.

Until now, the rich exciting flavor of wild rice was perfect with duck or pheasant or rock cornish game hen.

But a little too wild for beef or lamb or ordinary chicken.

So, we tamed the wild rice by adding herbs, seasoning and other kinds of rice. And created two delicious wild rice side dishes tame enough to serve with anything.

Long Grain and Wild Rice. And new Brown and Wild Rice with Mushrooms.

Still wild.

But tame enough to serve with anything.

Uncle Ben's®

Herbed Oxtail Stew

About 4 pounds oxtails, cut in about 2-inch lengths
About 3 tablespoons regular all-purpose flour
2 tablespoons salad oil
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon *each* crumbled oregano, rosemary, and thyme leaves
3 cups water
2 medium-sized turnips
3 medium-sized carrots
3 stalks celery
2 medium-sized onions

Dredge the oxtails in the flour, sl off the excess. Heat the oil in a 5 quart Dutch oven over medium Add the oxtails, cook, turning until browned on all sides. Ad pepper, oregano, rosemary, thym water. Cover and simmer until n tender when pierced, about 2½ h

Meanwhile you can prepare the tables. Peel the turnips and carro the turnips in quarters, then cu piece crosswise into ¼-inch-thick Cut carrots and celery ¼ inch Cut the onions in half, then eac into ¼-inch-thick slices.

After meat is tender, skim off ar card any fat. Stir in vegetables, and simmer until the vegetables a der, about 20 minutes. Turn into shallow bowl. Makes 4 servings.— *Carmel, Calif.*

The oxtails in the next recipe n rich, flavorful sauce as they cool an attractive presentation, remo oxtails from the sauce with a spoon and place on a large platte might cook whole vegetables su small boiled potatoes, green bea carrots separately in boiling, water, and arrange them arour meat. Serve the sauce in a smal to spoon over individual servings.

Braised Oxtails

Mix together 3 tablespoons regul purpose flour, 1 teaspoon salt, a teaspoon pepper. Dredge about 4 p oxtails, cut in about 2-inch leng the flour mixture, shaking off the In a 5 to 6-quart Dutch oven, tablespoons salad oil over mediun Add the meat and cook, turnin browned on all sides. Move the to the sides of the pan and add onion, sliced. Cook, stirring oc ally, until onion is limp, about 5 utes. Add 3 cups water, 3 table lemon juice, 3 sprigs parsley, a teaspoon crumbled thyme leaves. and simmer until oxtails are when pierced, about 2½ hours.

With a slotted spoon remove oxt a serving platter. Skim off and c any fat. Pour remaining sauce small bowl to spoon over ind servings. Makes 4 servings.—*G. Francisco.*

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Something else we've learned is to use the kitchen secrets of all the great chefs who have passed our way. This may mean extra care in selecting, blending, simmering. Or it might mean cooking something a little longer to bring out the rich flavor.

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NORMAN A. PLATE

Leeks, *watercress, peas, potatoes are cooked, blended into bright green vegetable soup*

Which goes with which . . . the secret of a great vegetable soup

Restaurant menus in France al
ways list a *potage de légumes,* r
simply vegetable soup. But the d
emerges from the kitchen is u
delicious, creamy purée of c
selected vegetables.

The ingredients vary with the
the season, and the cook, but t
ticular blending of vegetables an
is not haphazard, as the three
below demonstrate.

Watercress and peas give the fi
a soft green color and tangy flav

Fresh mushrooms and turnips
cented by lemon juice and sp
subtly season the Alsatian soup

The Breton version has a gold
from carrot, rutabaga, and toma

Soups of this sort are easy to mal
just simmer the vegetables in bro
whirl in a blender or press them
a wire strainer to unite all e
smoothly. Finally, a small am
sour cream, light cream, or
stirred into each soup, adding
creamy consistency.

As first courses they are healt
tributions to fall and winter me
serve one of them for a family

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ɔt French bread, and grilled beef or sausages.

Vegetable Soup

unches leeks (6 to 8 medium-sized)
ablespoons butter or margarine
mall potatoes, peeled and diced (about 1½ cups)
ans (about 14 oz. *each*) regular-strength chicken broth
up thawed frozen peas
up chopped watercress leaves
up sour cream
alt and pepper
Vhole watercress leaves for garnish

ɔot ends and tough, darker green from leeks. Cut each in half ·ise, rinse thoroughly, and thinly n a 3-quart saucepan melt the ɔver medium heat; add leeks and ntil soft, but not browned. Add s and broth; bring to a boil, reeat, and boil gently, uncovered, ɔut 20 minutes or until potatoes ost tender. Add peas and cook 5 ; longer. Add ½ cup watercress. ɔout ⅓ of the mixture at a time ɔlender container and whirl until . (Or press vegetables through a rainer.) Return the soup to the ın, stir in the sour cream, and to taste with salt and pepper. Re- not boil). Garnish with waterɜves. Makes 4 servings.

Alsatian Vegetable Soup

¼ cup butter or margarine
1 medium-sized onion, chopped
1 shallot, chopped (optional)
1 cup sliced celery
½ pound mushrooms, sliced
1 medium-sized potato, peeled and diced
2 medium-sized turnips, peeled and diced
2 cans (about 14 oz. *each*) regular-strength chicken broth
⅛ teaspoon marjoram leaves, crushed
2 teaspoons lemon juice
Salt and pepper
⅓ cup light cream or milk
Chopped chives or parsley

Melt the butter in a 3-quart saucepan over medium heat; add the onion, shallot (if used), celery, and mushrooms; cook until onion is soft. Remove and set aside about ½ of the mushroom slices. Add potatoes, turnips, broth, and marjoram. Bring mixture to a boil, reduce heat, and boil gently, covered, for about 25 minutes or until potatoes and turnips are tender.

Pour about ⅓ of the mixture at a time into a blender container and whirl until smooth; repeat until all the mixture is puréed. (Or press vegetables through a wire strainer.) Return the soup to the saucepan, stir in the lemon juice, reserved mushrooms, salt and pepper to taste, and cream. Reheat (do not boil). Garnish with chives or parsley before serving. Makes 4 to 6 servings.

Breton Vegetable Soup

3 tablespoons butter or margarine
1 medium-sized onion, chopped
2 shallots, chopped (optional)
1 cup sliced celery
1 cup shredded carrot
1 medium-sized rutabaga (about 1 lb.), peeled and diced
1 small tomato, peeled, seeded, and chopped
1 cup canned white kidney beans or garbanzos
2 cans (about 14 oz. *each*) regular-strength chicken broth
¼ teaspoon basil leaves, crushed
Salt and pepper
¾ cup light cream or milk

In a 3-quart saucepan melt the butter over medium heat. Add the onion, shallots (if used), celery, and carrots; cook until onion is soft. Add rutabaga, tomato, beans, broth, and basil. Boil gently, covered, for about 25 minutes or until rutabaga is tender.

Pour about ⅓ of the mixture at a time into a blender container and whirl until smooth; repeat until all the mixture is puréed. (Or press the vegetables through a wire strainer.) Return soup to the saucepan, season to taste with salt and pepper, stir in cream, and reheat until steaming. Makes about 9 cups. □

Mutual attraction: tongue and sauces

The affinity between plain boiled beef tongue and flavorful sauces makes it easy to serve this economical, fresh cut of meat in a variety of interesting ways.

You start by boiling a tongue in a lightly seasoned stock. You can serve it sliced with one of the three sauces given here.

In the first dish, tongue is served with a tangy, uncooked green sauce.

Or you can simmer the tongue briefly with a Provençal-type tomato sauce further enriched by onions, herbs, and bell peppers.

In the third dish, tongue is layered with a zestful marinade. You chill and serve it cold.

Each of these recipes is different, but they go well with similar accompanying foods. With the tongue and green sauce, offer mashed potatoes and cooked green beans. Accompany the French-style tongue with pan fried or French fried potatoes, and hot buttered zucchini halves. And with the chilled tongue, present hot, boiled, tiny new potatoes in their skins and hot cooked peas with sauteéd mushrooms.

A tongue takes several hours to cook, but you can do it as much as a c ahead. You use some of the stock two of the dishes, but the balance can saved as a soup base.

Boiled Tongue

- 3 to 3½ pound beef tongue
- 1 large onion, cut in chunks
- 2 bay leaves
- 6 whole cloves
- Water
- 1 teaspoon salt

Rinse tongue well in cool running w ter, then place in a deep, close-fitt kettle. Add onion, bay, cloves, salt, a enough water to just cover meat. Br to a boil, cover, and simmer gently about 3 hours or until tongue is ten when pierced. Let cool in broth, then out tongue and strip off exterior and c card; also cut away any small bones a fat at the base of the tongue. (At t point you can cover and chill tongue broth until ready to serve.) Cut meat thin slices across the grain and serve one of the following ways.

Tongue with Green Sauce. Stir toget 1 tablespoon minced (drained) cap ½ cup minced parsley, ½ cup min onion, 1 clove garlic (minced), ½ t spoon salt, ½ teaspoon crumbled tar gon leaves, ½ cup olive oil, and 2 tal spoons tarragon wine vinegar (or uns soned wine vinegar). Cover and let st at room temperature at least 1 hour fore serving. Just before serving, arra the tongue slices in a wide frying p and add about 1 cup of the ton broth. Slowly heat to simmering. I tongue from liquid onto a serving di accompany the hot meat with the gr sauce. Makes 6 to 8 servings.

Tongue Provençal. In a large frying p or Dutch oven, combine 1 large oni chopped; 1 large seeded green (or r pepper, chopped; 1 clove garlic, minc and 2 tablespoons olive oil or salad Cook over medium heat, stirring, u vegetables are soft. Blend in 2 c (8 oz. *each*) tomato sauce, ½ teasp thyme leaves, ½ cup of the ton broth, and the sliced tongue. Cover a simmer gently for about 30 minutes blend flavors. Serve hot. Makes 6 t servings.—*R. C., Belmont, Calif.*

Tongue in Piquant Sauce. Combine i blender jar ½ cup packed coar chopped parsley, 2 cloves garlic, ½ salad oil, ⅓ cup catsup, and ½ vinegar; cover and whirl until mixt is relatively smooth. Stir in ½ teasp salt and ¼ teaspoon pepper. Pour ab a third of the sauce in a 1½-quart d then cover with about half of the sli tongue. Pour another third of the sa over the meat and top with the rem ing tongue. Pour remaining sauce o the meat; cover and chill for at leas hours or as long as several days. Se cold. Makes 6 to 8 servings.—*L. Oakland.*

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Rich's

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with tiny bits of tasty green onion.

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with onion. And bacon- ter Tots. They're going to the freezer section of hich is a good reason for n the same direction.

l eatin' from Boise.

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DARROW M. WATT

Heat and serve *holiday vegetables. Golden almond crust tops fluffy mashed potatoes. Buttery glaze coats asparagus and mushrooms*

Make-ahead vegetable casseroles are a help on Thanksgiving

Vegetable casseroles that can be assembled ahead are an effective way to simplify Thanksgiving dinner preparation. The idea has advantages whether you're the hostess-cook or are joining others in a cooperative holiday feast and need dishes that are easy to transport.

These four well seasoned casseroles feature a variety of favorite holiday vegetables. You can make them early in the day or the night before, ready to tuck into the oven to reheat or bake while the turkey waits to be carved.

Almond-topped Potato Puff

- Instant mashed potatoes, the amount for 8 servings
- 2 eggs, separated
- ¼ teaspoon *each* pepper and liquid hot pepper seasoning
- 3 tablespoons finely chopped onion or green onion
- Salt
- 2 tablespoons melted butter or margarine
- ½ cup sliced almonds

Prepare instant mashed potatoes according to the package directions using the seasonings and amount of liquid specified for stiff mashed potatoes. Beat in the egg yolks, pepper, hot pepper seasoning, onion, and salt to taste. This much can be done ahead.

Just before baking, beat the egg whites until stiff; fold gently but thoroughly into the mashed potatoes. Turn mixture into a well greased, shallow 2-quart casserole. Drizzle butter over top, then sprinkle with almonds. Bake, uncovered, in a 375° oven for 45 minutes (55 minutes if refrigerated) or until top is puffed and browned. Serve at once. Makes about 8 servings.—*J. W., Phoenix.*

Green Vegetable Medley

- 1 package (10 oz.) frozen peas
- 1 package (10 oz.) frozen baby limas
- 1 package (9 oz.) frozen cut green beans
- Boiling, salted water
- 2 tablespoons butter or margarine
- ¼ cup finely chopped onion
- 1 tablespoon regular all-purpose flour
- ½ cup *each* sour cream and mayonnaise
- ½ teaspoon basil leaves, crushed
- Salt and pepper
- ¾ cup shredded sharp Cheddar cheese

Turn peas into a wire strainer, rins hot tap water to thaw quickly, set a Cook the limas and green beans s rately in boiling water accordin package directions until just te crisp; do not overcook. Drain, rins cold water, and drain well.

Meanwhile melt the butter in a fr pan over medium heat; add the o and cook until soft, about 3 min Stir in the flour and cook until bul Remove from heat and add the cream, mayonnaise, basil, and salt pepper to taste. Combine the sour cr mixture with the peas, limas, and g beans. Turn into a 1½-quart casse sprinkle cheese over top. Cover an frigerate if made ahead.

Bake, uncovered, in a 325° oven fo minutes (30 minutes if refrigerated until heated through. Makes 10 t servings.—*R. M., Roseburg, Ore.*

Brussels Sprouts with Bacon Sauce

- 2½ pounds Brussels sprouts or 3 packag (10 oz. *each*) frozen Brussels sprou
- Boiling, salted water
- 12 slices bacon, diced
- ½ cup finely chopped onion
- 3 tablespoons regular all-purpose flou
- 1½ cups milk
- ⅓ cup dry white wine
- ½ teaspoon *each* salt and oregano leav
- ¾ teaspoon dill weed, crumbled
- ⅛ teaspoon pepper

Wash fresh sprouts thoroughly and off stem ends. Cut an X into each end. Cook, uncovered, in a large q tity of boiling water until just te when pierced, 7 to 10 minutes. (Or frozen Brussels sprouts in boiling as directed on package.) Drain wel arrange in a shallow 2-quart casser

Meanwhile in a frying pan, cook b over medium heat until crisp; lif with a slotted spoon, drain, an aside. Discard all but 4 tablespoo the drippings. Add the onion to the pings and cook until limp. Stir in and cook until bubbly; remove from and gradually stir in the milk. Cook ring, until it boils and thickens.

Add the wine, salt, oregano, dill, pe and all but 2 tablespoons of the co bacon. Pour sauce evenly ove Brussels sprouts. Sprinkle remainir con over top. Cover and refriger made ahead.

Bake, uncovered, in a 325° oven f minutes (35 minutes if refrigerate until heated through. Makes 8 servings.—*V. N., Santa Rosa, Cali*

"It's that old-fashioned pickle barrel flavor"

"The secret of making perfect pickles is patience," says Graeme Reid, Nalley's pickle fanatic. "First, we select the top cucumbers from cucumber crops grown specially for us. Then we age 'em in old-time wooden casks. Finally, we make sure they're slow-steeped in Nalley's own special blend of vinegars and seasonings. When we say old-fashioned pickle barrel flavor, we mean just that."

FREE RECIPE FOLDER. Send stamped, self-addressed envelope to Nalley's "Pickle Serving Ideas," P.O. Box 11046, Tacoma, Washington, 98411.

Nalley's: the good food fanatics.

DARROW M. WATT

Smooth, *green sauce adds rich flavor to broccoli and other vegetables. It's made with herbs, watercress, and salad oil whirled in a blender*

Vegetable magic for dieters

Seasoning vegetables so they taste can be a problem when you're diet. A solution is to add a flav sauce to the cooked vegetable.

We present four sauces that not onl hance a wide variety of fall vegeta but also meet the requirements of special diets. The first two, base cottage cheese and yogurt, are smoo in the blender into sauces with the ture and tang of sour cream.

The second two sauces are made i same way as blender mayonnaise. uses only 1 cup salad oil and 1 e make nearly 2 cups of sauce that c a long way in seasoning vegetables keep about a week in the refrigerat

Because vegetables play an impo role in many special diets, it's v extra effort to obtain the freshest able, and cook them with care to serve all their natural flavor, colo nutrients. This requires careful ti for an extra minute or two can make a big difference in quality.

Sometimes lightly cooked vegetable just as delicious served cold as hot can be presented like a salad, garn with greens. Our four sauces co

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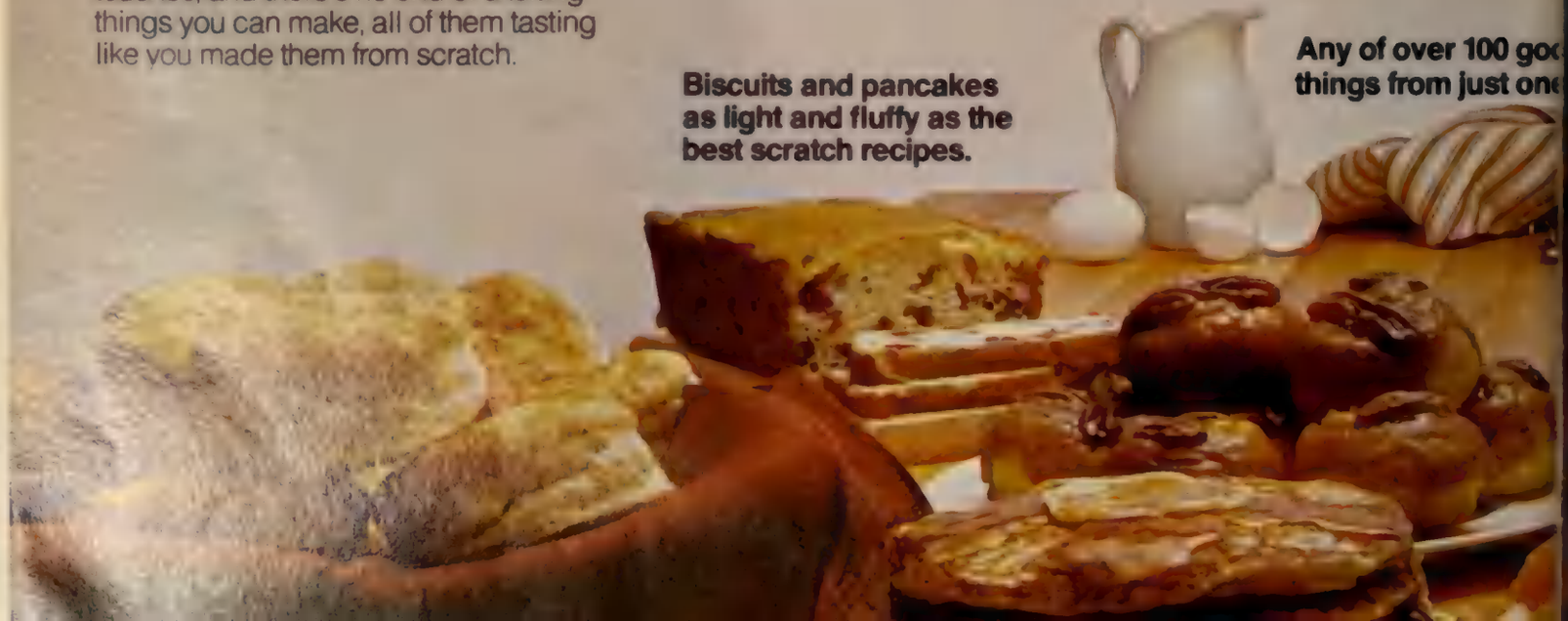

both hot and cold vegetables. The heese-based ones—with almost no lon't melt on hot vegetables, so it's o spoon them on individual por- The sauces made with salad oil e poured over well drained hot ibles in the serving dish.

avory cheese sauce is a delicious g for baked or boiled potatoes, s, green beans, and Brussels ts; it also makes a fine dip for arti- s. The orange-honey sauce adds flavor to carrots, parsnips, winter n, and sweet potatoes.

y Cheese Sauce

- cup large-curd cottage cheese
- slice medium-sized onion (about ¼ inch thick)
- tablespoon lemon juice
- cup unflavored yogurt
- teaspoon sugar
- About ½ teaspoon salt
- Dash pepper
- About ½ teaspoon dill weed or fines herbes
- to 2 tablespoons finely chopped parsley

nto the blender container the cot- heese, onion, lemon juice, and 3 tablespoons of the yogurt. Whirl, stopping the motor and pushing mixture down into blades as needed, until very smooth and mounding like sour cream. Turn into a bowl and stir in remaining 5 tablespoons yogurt, sugar, salt, pepper, dill weed or herbs, and parsley. Cover and chill. Makes about 1⅔ cups.

Orange-Honey Cheese Sauce. Whirl the cottage cheese, onion, lemon juice, and 3 tablespoons yogurt in the blender as directed above. Turn into a bowl and add remaining yogurt. Omit sugar, pepper, dill, and parsley in above recipe; use only ⅛ teaspoon salt; and add 1 tablespoon honey, ¼ teaspoon ground ginger, and 1½ teaspoons frozen orange juice concentrate. Makes about 2 cups.

We liked this herb sauce especially well on broccoli, carrots, cabbage, and cauliflower. It's also good on a baked potato or used as a dip for artichokes. Look for frozen pesto, called for in the Italian herb sauce, in the frozen food section of markets (or substitute dried basil). Try this sauce on green beans, artichokes, parsnips, potatoes, and both winter and summer squashes.

Green Herb Sauce

- ½ cup watercress leaves and small stems (or spinach leaves), pressed in cup
- ½ cup parsley sprigs, pressed in cup
- 1 large shallot or 1 large green onion, with some top, sliced
- ½ teaspoon *each* tarragon and thyme leaves (or 1 teaspoon fines herbes)
- ½ teaspoon salt
- ¾ teaspoon dry mustard
- 2 tablespoons white wine vinegar
- 1 egg
- 1 cup salad oil

Put into the blender container the watercress or spinach, parsley, shallot or onion, herbs, salt, mustard, vinegar, and egg. Whirl until liquefied. With motor running, remove blender top, and begin pouring oil in a thin stream; add oil very slowly in the beginning, then a little faster as sauce begins to thicken. Store in refrigerator, covered. Makes about 1⅔ cups.—*M. H., Palo Alto, Calif.*

Italian Herb Sauce. Prepare like green herb sauce but omit shallot, herbs, and mustard. And add 1 large clove garlic, 2 ounces (½ of 4 oz. package) frozen pesto (or 1 teaspoon dried basil leaves) to blender with first group of ingredients. Makes about 2 cups. □

ou make of it.

Sit yourself down and think of all the good things you could make.

CHERRY-PECAN RING

⅓ cup butter or margarine
⅓ cup brown sugar (packed)
Drained maraschino cherries
Pecan halves
2 cups Bisquick baking mix
2 tablespoons granulated sugar
1 egg
⅔ cup water or milk
Confectioners' Sugar Icing

Heat oven to 400°. Melt butter in oven in 8-cup ring mold. Sprinkle evenly with brown sugar. Arrange cherries and pecan halves on sugar mixture. Mix baking mix, granulated sugar, egg and water; beat vigorously ½ minute. Spoon batter evenly over cherries and pecans. Bake *25 to 30 minutes.* Invert onto heatproof plate. Leave pan over coffee cake a few minutes. While warm, spread with Confectioners' Sugar Icing. *9 servings.*

CONFECTIONERS' SUGAR ICING: Blend 1 cup confectioners' sugar, ½ teaspoon vanilla and about 1 tablespoon water.

This recipe was developed and tested in the Betty Crocker Kitchens.

For more ideas send for Betty Crocker's Bisquick Cookbook. Mail $1.50 to Box 949, Minneapolis, Minnesota 55460.

Cover *pumpkin pie with crunchy pecan topping; broil until bubbly*

It satisfies both sides of the Thanksgiving pie controversy

In many families, some people always demand traditional desserts on Thanksgiving, while others may vote for something new. The following pie recipes should satisfy both factions. One is pumpkin, and the other tastes much like mince pie, yet each has a slight new flavor twist.

They can be baked up to a day in advance. You can keep the minced fruit pie at room temperature overnight, but the pumpkin pie should be refrigerated.

Sour cream adds a creamy lightness to these pumpkin pies. You can serve them with whipped cream spooned on top or with a broiled-on topping of crunchy pecans and sweet corn syrup. Since the recipe makes two pies, you could make one each way.

Creamy Pumpkin Pies

- Pastry for two 9-inch pie shells
- 1 large [illegible] (1 [illegible]. 13 oz.) pumpkin
- 1 can (13 oz.) evaporated milk (undiluted)
- 4 eggs
- ½ cup sour cream
- 1⅔ cups brown sugar, packed
- 2 tablespoons flour
- 1½ teaspoons pumpkin pie spice
- 1 teaspoon *each* salt and vanilla
- Pecan topping (recipe follows)

Divide the pastry in half and roll out each half to fit into a 9-inch pie pan; trim and flute the edge of each pastry shell. Combine pumpkin, milk, eggs, sour cream, sugar, flour, pumpkin pie spice, salt, and vanilla. Beat until smooth and blended. Pour half of the pumpkin mixture into each pastry shell. Put into a 400° oven and bake for 25 minutes, then lower the temperature to 350° and bake 25 to 30 minutes longer or [illegible] center is firm. Cool on wire racks.

If you use the pecan topping, po[illegible] over the cooled pie shortly before [illegible]ing; spread it evenly. Broil abo[illegible] inches from heat until bubbly, 2 [illegible] minutes. Let cool about 5 minutes b[illegible] serving. Makes 2 pies of 6 to 8 ser[illegible] each.—*M. N., San Pedro, Calif.*

Pecan Topping. For each pie, mi[illegible]gether ½ cup dark corn syrup an[illegible] cup coarsely chopped pecans.—*C[illegible] Los Angeles.*

This pie resembles typical mince pi[illegible] has a lighter, fruit flavor.

Minced Fruit Pie

- 1 cup raisins
- 3 medium-sized tart green apples, peeled and cored
- ½ small unpeeled orange, seeds removed
- ¼ small unpeeled lemon, seeds removed
- 1 cup brown sugar, packed
- ½ cup canned whole-berry cranberry sauce
- 2 tablespoons brandy or ½ teaspoon brandy flavoring
- 1 tablespoon quick-cooking tapioca
- ½ teaspoon salt
- ¼ teaspoon *each* ground cinnamon, cloves, and nutmeg
- Pastry for a double-crusted 9-inch pie

Put raisins, apples, orange, and l[illegible] through a food chopper, using a c[illegible] blade. Stir in sugar, cranberry s[illegible] brandy, tapioca, salt, and spices.

Roll out half of the pastry, fit it i[illegible] 9-inch pie pan and trim pastry even[illegible] the pan rim. Fill with fruit mixture [illegible] out remaining pastry; fit over fi[illegible] trim so top pastry extends 1 inch [illegible] edge, then tuck it under edge of bo[illegible] pastry. Crimp edge decoratively to[illegible] edge around pie. Cut vents in top p[illegible] Bake in a 400° oven for 45 to 50 [illegible]utes or until pastry is well brow[illegible] Cool on rack. Serve warm or at [illegible] temperature. Makes 6 to 8 servin[illegible] *F. K., Olivenhain, Calif.*

DARROW M. W[illegible]

Top wedges *of minced fruit pie with scoops of vanilla ice cream*

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COSSACK MOLD

1 envelope unflavored gelatin
1 cup cold water
¾ cup Kraft Mayonnaise
2 tblsp. Kraft Prepared Horseradish

* * *

2 3-oz. pkgs. lemon flavor gelatin
1½ cups boiling water
3 tablespoons vinegar
½ teaspoon salt
1 1-lb. can diced or julienne beets
1½ cups finely chopped cabbage

Soften unflavored gelatin in water; stir over low heat 'til dissolved. Cool. Combine mayonnaise, horseradish; gradually stir in gelatin. Pour into 1½ quart mold; chill 'til almost firm.

Drain beets (add water to juice to make 1¼ cups). Dissolve lemon gelatin, salt in boiling water. Add beet juice, vinegar; chill 'til thickened. Stir in beets; cabbage. Pour over first layer. Chill until firm; unmold. Garnish as desired. Makes six to eight servings.

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DARROW M. WATT

milk, and
ded fontina
e are base of
s fonduta

For an *appetizer, dip bread cubes into fonduta garnished with white truffles*

Fonduta is easier to make than fondue...and it's versatile

For a sauce, *spoon fonduta onto sauteéd chicken with mushrooms*

luta, the elegant cheese sauce of ern Italy, is best known served like rand Swiss fondue—in a commun- shared container with chunks of d for dipping.

fonduta is considerably more ver- e. Less rich and easier to make than ue, it is basically a custard into h fontina cheese is melted. The e can be made ahead and rewarmed rve as an appetizer or as a sauce for pasta, vegetables, meats, or eggs.

The flavor of the sauce comes from distinctly delicate fontina cheese. Fontina is produced in Italy, Sweden, and Denmark, but currently little of the more costly Italian fontina is coming into this country, and if available at all, it will be in specialty cheese shops. Swedish and Danish fontinas are readily available in cheese shops and can often be found prepackaged in the refrigerator sections of supermarkets. All three fontinas are comparable in flavor.

Traditionally and extravagantly, a final addition to the sauce is the aromatic white truffle, cut in paper-thin slivers. (The truffles are usually available, canned, in fine-food shops or well stocked Italian delicatessens.) We find a remarkable likeness between the cheese and truffle flavors, and minus the truffles —an optional ingredient here—the

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sauce still has the same flavor, th
less assertive.

Fonduta

- 4 egg yolks
- 1 cup milk
- 3 cups (about ¾ lb.) finely shredded fontina cheese
- 1 can (½ oz.) white truffles, optional

In the top of a double boiler, blen
yolks well with milk. Place over sli
bubbling water (water should just t
the bottom of the top unit). Cook,
ring constantly with a flexible sp
for 7 to 8 minutes or until mixtu
thickened enough to coat a metal s
with a thick, velvety layer (if
cooked, the custard mixture first b
to look grainy, then separates).

Stir in the cheese immediately, and
tinue to cook, stirring, until all l
few slivers of the cheese are smo
melted. Take double boiler from
but leave the fonduta sauce over th
water for about 10 minutes, st
occasionally. (At this point you
cover and chill the fonduta for as
as 5 days. To reheat, place the de
quantity over simmering water, st
until warm enough to serve.)

If truffles are used, drain their juic
the fonduta. Cut the truffles into p
thin slices and stir most of the slice
the sauce. Reserve a few to sprink
as garnish when the sauce is use
cording to the following sugges
Makes about 2⅓ cups sauce.

Fonduta as an appetizer dip. Pou
warm fonduta into the top unit
chafing dish and set over hot w
keep warm. To eat, dip bite-sized
of crusty bread (you'll need abou
loaf—1 lb. size) into the sauce. M
8 to 10 appetizer servings.

Fonduta with pasta. Spoon warm
duta onto hot, cooked, and dr
pasta, such as fettucini, tagliarini, c
noodles; allow about ½ cup fondu
each 1 cup pasta.

Fonduta with vegetables. Ladle
fonduta onto hot, cooked, and dr
vegetables, such as broccoli, green b
leaf spinach, cauliflower, artic
hearts or bottoms, asparagus, l
green beans, celery, onions, leek
zucchini; or sautéed mushrooms,
plant, or green (or red) peppers.
2 or 3 tablespoons fonduta for ea
cup of vegetable.

Fonduta with veal or chicken. P
veal (chops, roasts, steaks) or ch
(breasts, legs, or the whole bird)
simple method such as roasting,
ing, or broiling, and accompany
fonduta sauce to ladle over indiv
portions of the hot meat. Allow
¼ to ⅓ cup sauce for each s
(about ½ lb. boneless meat).

Fonduta with eggs. Spoon warm fo
over poached eggs; allow about 3
spoons sauce for each egg.

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16 SPANISH-STYLE PILAF

- 1½ cups Minute® Rice
- ½ cup chopped onion
- 3 tablespoons butter or margarine
- 1½ cups chicken broth*
- ¾ teaspoon salt
- 1 package (10 oz.) Birds Eye® Spanish Style Vegetable Medley or Danish Style Vegetables with a Seasoned Sauce
- ½ small seeded pickled hot pepper, chopped (optional)

*Or use 1 bouillon cube dissolved in 1½ cups water.

Sauté rice and onion in butter in skillet until lightly browned. Add broth, salt, and vegetables. Bring to a boil, separating vegetables with fork and stirring until sauce cubes are blended. Cover, reduce heat, and simmer 5 minutes. Stir in pepper. Serve with beef, or chicken, or fish. Makes 6 servings.

17 PORCUPINE MEAT BALLS

- 1 can (10½ oz.) condensed cream of mushroom or golden mushroom soup
- 1 cup water
- 1 cup Minute® Rice
- 1 pound ground beef
- 1 egg, slightly beaten
- 2 teaspoons grated onion
- 2 teaspoons salt
- ⅛ teaspoon marjoram (optional)
- Dash of pepper

Mix soup with water. Combine remaining ingredients and ½ cup of the soup mixture; mix lightly. Shape into 18 balls; place in skillet. Pour remaining soup mixture over meat balls. Bring to a boil. Cover and simmer 15 minutes, basting occasionally. Garnish with parsley, if desired. Makes 6 servings.

18 GLORIFIED RICE

- 1 can (13½ oz.) pineapple tidbits
- 1 cup Minute® Rice
- ¾ teaspoon salt
- 6 maraschino cherries, diced
- 1 cup miniature marshmallows
- 2 cups prepared whipped topping

Drain pineapple, measuring syrup. Add water to syrup to make 1¼ cups; bring to a boil over high heat in a saucepan. Stir in rice and salt. Cover; reduce heat and simmer 5 minutes. Add cherries and pineapple. Chill thoroughly. Fold chilled rice mixture and marshmallows into prepared whipped topping. Makes 8 servings.

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How does a Philippine cook put together popular *adobo?* With abandon

Appetizer *adobo: chicken giblets with water chestnuts*

DARROW M. WATT

Some surprising *ingredients combine for typical Philippine adobo of chicken, lean pork, and beef liver. Meats soak and then simmer in marinade of soy sauce, vinegar, garlic, bay leaf, and whole peppers, developing zesty flavor. Marinade becomes rich, brown sauce to spoon over rice*

The dish that Philippine cooks call *adobo* is a meat stew flavored with soy sauce, vinegar, and spices. Often several meats are cooked together, as in the popular adobo of chicken and pork with beef liver.

Our recipe allows you to adjust the ingredients to your family's tastes. You can omit the liver or make it entirely of chicken or entirely pork. And there's a variation that combines chicken with pineapple and tomatoes.

The same flavorings are used with chicken gizzards and hearts to make the interesting appetizers shown above.

It's important to simmer adobo gently (the liquid steams and only a few bubbles burst at the surface) until the meat is tender, but moist.

Chicken and Pork Adobo

- 1¼ pounds lean, boneless pork (such [illegible] Boston butt or fresh picnic roast)
- [illegible] pounds chicken legs and thighs
- 1 slice (about ⅓ lb.) beef liver (optional)
- ½ cup *each* wine vinegar and water
- ¼ cup soy sauce
- 8 whole black peppers
- 1 bay leaf
- [illegible] cloves garlic, minced or mashed
- [illegible] tablespoons salad oil
- Chopped parsley
- Hot cooked rice

Cut pork in 1-inch cubes and combine with chicken and liver in a bowl. Pour over meats the vinegar, water, and soy; add peppers, bay, and garlic. Cover and refrigerate for about 1 hour, turning occasionally.

Remove meats from marinade and pat dry; reserve marinade. Heat the oil in a Dutch oven (don't use a cast-iron pan) over medium high heat. Cook the liver until brown and just firm, about 3 minutes; lift out of pan and reserve. Put in chicken and brown all over; remove from pan. Put in pork and cook, stirring, until browned. Pour in reserved marinade, cover, and simmer pork for 15 minutes. Return the chicken to pan, cover, and simmer for 30 minutes longer or until pork and chicken are ten[illegible] Dice the liver, return to pan, and [illegible] about 2 minutes. Remove all of [illegible] meats to a serving plate; cover and k[illegible] warm. Skim off excess fat from cook[illegible] liquid, then boil over high heat u[illegible] liquid is reduced to about ¾ cup; p[illegible] over meats. Sprinkle with parsley. S[illegible] with rice. Makes about 6 serving[illegible] *D. J., Honolulu.*

For pork adobo, omit the chicken [illegible] use about 2½ pounds boneless p[illegible] with or without liver. Allow about [illegible] minutes for simmering.

For chicken adobo, omit pork and [illegible] 3 pounds chicken legs and thighs, [illegible] or without liver. Allow about 30 min[illegible] for simmering.

Pineapple Chicken Adobo. Prepare [illegible] all-chicken adobo without liver. A[illegible] meat is done and on platter, add to co[illegible] ing liquid 2 cups fresh or canned p[illegible] apple cubes (drained) and 2 tomat[illegible] peeled and cut in wedges. Cook just [illegible] til heated through, about 4 min[illegible] remove pineapple and tomatoes wi[illegible] slotted spoon to the meat platter. T[illegible] skim and reduce liquid as recipe dir[illegible]

Adobo Appetizer Kebabs

Trim fat and gristle from ½ p[illegible] chicken gizzards; cut in bite-sized pi[illegible] Put gizzards and ½ pound chi[illegible] hearts in a 10-inch frying pan (don't [illegible] a cast-iron pan) with ¼ cup red [illegible] vinegar, 3 tablespoons soy sauce, ¼ [illegible] spoon paprika, 4 whole black pep[illegible] and 1 clove garlic, minced or mas[illegible] Cover and simmer for 45 minute[illegible] until meat is tender. If liquid evapo[illegible] while cooking, add 1 tablespoon w[illegible] Meanwhile, drain 1 can (8 oz.) w[illegible] chestnuts, cut each in about 4 pi[illegible] and mound in a small bowl. To s[illegible] spoon cooked meat into a small ch[illegible] dish or other bowl that can be [illegible] warm. Offer picks to spear a piec[illegible] chestnut and bite of meat. Makes a[illegible] 50 kebabs.—*E. S., Kerman, Calif.*

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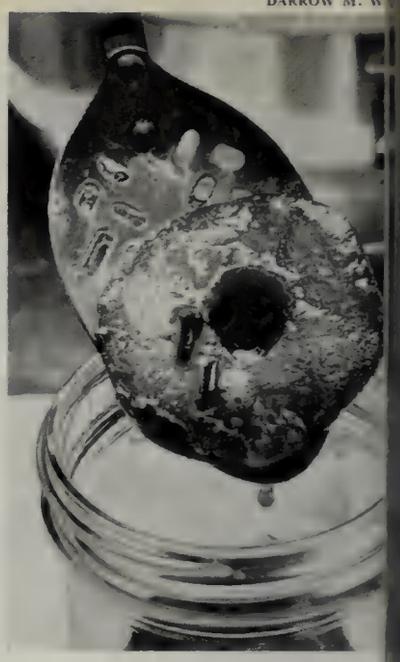
DARROW M. W



Slide *apple rings in*
jar, cover with hot sy

For Christmas, r
spicy apple ring

If you make pickled apple rings
they'll be ready for Christmas
They're delicious with meats.

Spiced Apple Rings

6 cups sugar
1⅔ cups cider vinegar
1 teaspoon red food coloring
4 sticks whole cinnamon, each about 2 inches long
2 teaspoons whole cloves
About 4 pounds firm-ripe Golden Delicious apples, peeled and core

Have ready 4 pint-sized, wide-
canning jars; immerse them in
water for 15 minutes to sterilize
sterilize self-sealing lids and band

In a 5-quart or larger pan co
sugar, vinegar, food coloring, cinn
and cloves. Bring to a boil and si
uncovered, for 10 minutes.

Slice the apples crosswise into abo
inch-thick rings. Add about half
rings to the simmering syrup and
turning rings occasionally, until
are barely tender when pierced ar
begin to turn translucent aroun
edges, 6 to 8 minutes.

Remove one jar at a time from
With a slotted spoon, lift rings
syrup and pack into a jar, then
syrup into jar to within ½ inch o
run a spatula around inside of jar.
rim clean; adjust lid and band. Fi
ond jar the same way. Then simm
maining apples; fill and seal rem
jars. Let stand at least 1 week
serving. Makes 4 pints.

people who can't leave well enough alone,
k what you can do with a Banquet® Salisbury Steak.

lisbury steak. Great as it comes from the Banquet package and even greater when you fancy it up. All you need are a few minutes is easy recipe:

ke one Banquet Salisbury Steak Dinner from your freezer. Heat 25 s, then add ½ crushed garlic clove to gravy. Add orange juice to s, top with grated orange rind. Add a pinch of thyme to peas and , top with butter. Saute Salisbury Steak in Worcestershire sauce, and oregano, then heat dinner for additional 10 minutes. Banquet. ou start with great food you end with a great meal.

Foods Corporation, St. Louis, Missouri 63101

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(When you try Gorton's hot clam dip.)

Our fresh-tasting minced and chopped clams make the tastiest hot party dip you ever dipped into.

And if you'll try our recipe, we'll pay you up to 50¢ for the crackers you'll need for dipping. Look for details on our display at your participating store.

Gorton's Hot Clam Party Dip

¼ cup green pepper
¼ cup butter or margarine
1 cup process cheese spread, cubed (about 4 oz.)
¼ cup onion
1 can GORTON'S minced or chopped clams (drained)
¼ cup chili sauce

Sauté onion and green pepper in butter until [illegible]. Add cheese and cook over low heat, stirring constantly until cheese is melted.

Add clams and chili sauce and heat through. Serve [illegible] crackers.

Free Tray Offer

For [illegible] hot tray pictured (retail value $24.95), send just $14.95 and the [illegible] of our minced or chopped clams to Gorton's Tray Offer, [illegible] Boston, MA 02118.

Chef Michel *pours the waters at La Regalido in Fontvielle*

The French *order bottled water as we do soft drinks—by favorite brand*

The bottled water of France

Accustomed to restaurants that bring water automatically, Americans are s prised at having to order drinking w in Europe. Their choice may be la and fascinating, especially in France.

Here we show what arrived when *Sunset* editor just ordered a selection mineral waters popular in Provence flavor they ranged from very mild almost tasteless (Evian) to gaseous briny (Badoit, Vichy Celestin). Th labels claimed that some had cura powers: for the liver (Vichy Sa Yorre); the kidneys and gout (Evi ulcers (Contre Xeville); general diges aid (Badoit).

Most were naturally carbonated sp waters, but one of the most popula Perrier, artificially carbonated. It ma no health claims, and is a favorite m with other beverages.

You might do your own sampling ordering a different water (about 30 40 cents per liter bottle) each meal u you find a favorite.

acturing Milk Producers of Californ
UIT made by Nabisco, Inc.
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DARROW M. WAT

Honey-glazed *strufoli, an Italian holiday dessert*

Delicious buttons and lumps

Glistening with the sheen of a light coating of honey, these two fried pastries from southern Italy make pretty and unusual desserts for holiday menus.

One is *strufoli*, also known as Neopolitan honey balls, and the other is *pinulate*, a recipe that a Sicilian family shared with us.

The first taste of these pastries tends to be a slightly baffling surprise. They look as though they will be rich and tender or crisp, but both share a characteristic firm texture and mild flavor that grows on you as you get accustomed to it. The strufoli, served as a whipped cream-filled wreath, are tiny buttons; the pinulate, mounded in a shiny heap to serve with ice cream, are irregular, golden, cakelike lumps. The cream and ice cream are pleasing, but not traditional, accompaniments.

Espresso coffee is complementary and appropriate with either pastry; or accompany the desserts with small glasses of the same liqueurs you've used as flavoring.

You can fry the pastries a day ahead and store them in an airtight container at room temperature; then on the party day blend them with the honey syrups. The strufoli need to stand in the syrup for several hours to absorb the flavors thoroughly.

Strufoli

- 2 cups all-purpose flour (unsifted)
- 1 teaspoon baking powder
- 1 tablespoon granulated sugar
- ¼ teaspoon salt
- ⅓ cup salad oil
- 3 eggs, slightly beaten
- ¼ cup milk
- Salad oil for frying
- ⅔ cup honey
- ½ cup toasted pine nuts (directions follow)
- 2 tablespoons orange-flavored liqueur
- 1 cup whipping cream
- Powdered sugar
- Multi-colored candy shot and candied cherries for garnish

In a bowl stir together flour, baking powder, granulated sugar, and salt. M

Decorate *pinulate with colored candy*

There is a world of ways to go Dole® bananas.

time we develop new recipes using our ous Dole banana, they seem to be the et.

hat's what we think Patricia Collier, home mist here at Dole, has come up with this he three best recipes we've ever offered.

DOLE DANISH DELIGHT

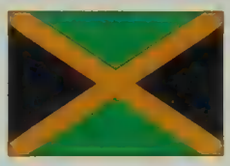
1 package Pillsbury refrigerated Butterflake Dinner Rolls
1½ tablespoons butter, melted
⅓ cup pineapple-apricot preserves
2 large firm ripe Dole bananas, sliced
1 tablespoon sliced almonds
4 Maraschino cherries, halved

inner rolls into bottom of a lightly buttered 10-inch e. Melt butter, stir in preserves until blended. Slice into butter mixture tossing to coat well. Spoon over olls. Sprinkle with almonds and cherries. Bake in ed 375° F. oven 20 to 25 minutes until golden. Serve akes 6 servings.

ENGLISH BREAKFAST TREAT

3 English muffins
½ cup orange marmalade
¼ cup butter, melted
1 large firm ripe Dole banana

Split English muffins; toast lightly under broiler. Blend marmalade and butter. Slice banana; fold into butter mixture. Spoon onto muffins; return to broiler 1 to 2 minutes until bubbly. Serve at once. Makes 6 servings.



JAMAICAN POUND CAKE

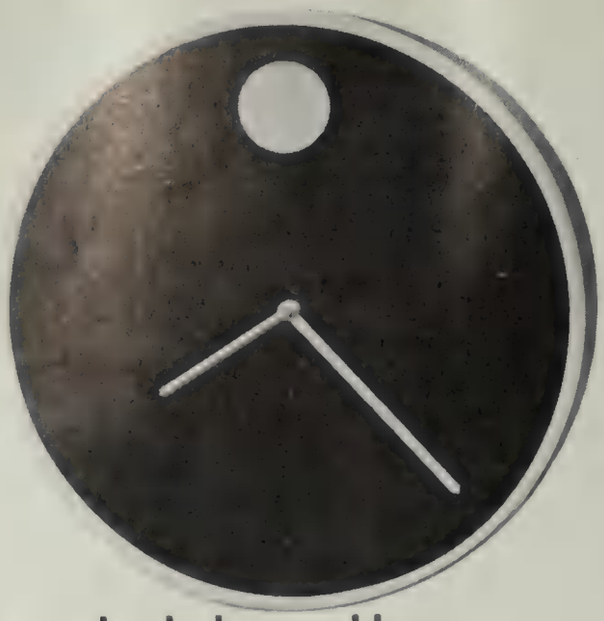
1 large ripe Dole banana
2 eggs
¼ cup dark Jamaica rum
1 package (17 oz.) pound cake mix
½ cup dairy sour cream
⅛ teaspoon nutmeg
3 tablespoons sliced almonds for pan coat

Mash banana to make ½ cup. Blend with eggs and rum. Beat into pound cake mix until smooth. Beat in sour cream and nutmeg. Butter a 9 x 5 x 3-inch loaf cake pan; sprinkle with almonds. Pour cake batter into pan. Bake in a preheated 325°F. oven 70 to 75 minutes until done. Place on wire rack to cool 10 minutes before removing from pan. Cool thoroughly before cutting. Makes 1 loaf cake.

Serve these three new recipes to your family soon. And in the meantime, Patricia will be developing new ways for your family to enjoy Dole bananas. We never know what in the world she'll finally come up with. But we know you'll go bananas over it.

Dole BANANAS

Recipes developed by Patricia Collier at the Dole Kitchens in San Francisco, California, U.S.A. Dole® T.M. of Castle & Cooke, Inc.



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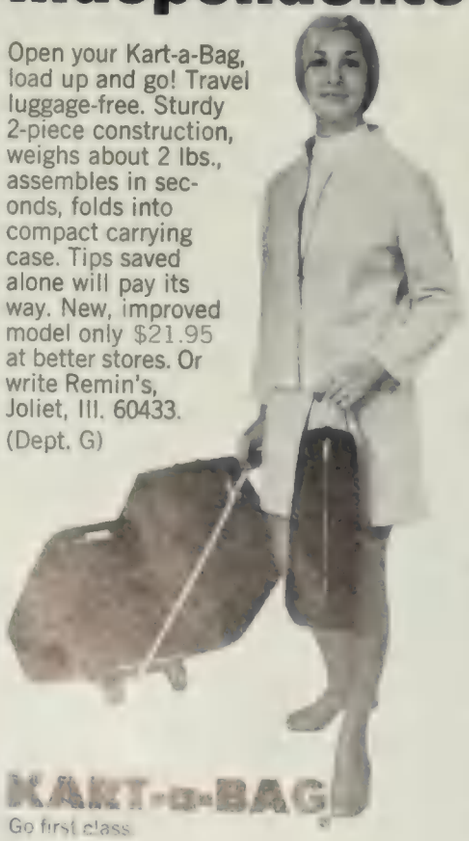

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1. Title of Publication: SUNSET MAGAZINE, The Pacific Monthly.
2. Date of filing: October 1, 1972.
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I certify that the statements made by me above are correct and complete.

(Signature of editor, publisher, business manager, or owner) L. W. LANE, JR.

well in the center and pour in the
oil, eggs, and milk; stir with a fo
dough is evenly moistened. Tu
dough out onto a floured boar
lightly with flour, and knead for
minutes or until a smooth ball is f
Then roll dough out until ¼ incl
Cut in strips ½ inch wide, then c
strip into ½-inch-long pieces.

In a small deep saucepan heat ab
inches salad oil to 375°. Fry a
dozen pieces of the pastry at a ti
til they are golden, turning as
takes 1 to 2 minutes. Drain on
ent material. (This much can b
as much as a day ahead.) Place
in a large bowl. Heat honey un
mering and pour over the pastri
pine nuts and orange liqueur a
well. Cover and let stand at roo
perature at least 2 hours, stirrin
sionally.

Spoon strufoli around the rim of
round platter, forming a wreath
the cream until stiff, sweetening
with powdered sugar. Mound cr
the wreath center; dust strufo
powdered sugar, then sprinkle w
and dot with candied cherries.
portions onto individual plates.
10 to 12 servings.—*D. R., San Jo*

Toasted pine nuts. In a pan spr
cup pine nuts out in a single laye
in a 350° oven for 5 to 8 min
until golden; stir as needed.

Pinulate

In a bowl beat until blended 4
tablespoons salad oil, ½ cup
tablespoons sugar, ½ teaspoon s
2 teaspoons anise seed (c
crushed). Stir in 2 teaspoons
powder and 2¾ cups unsift
purpose flour, mixing until d
evenly moistened.

In [redacted] small, deep saucepan hea
1½ inches salad oil to 375°. D
teaspoon-sized portions of the
into the oil, cooking 5 to 6 at
until they are golden; takes 1½
minutes. Drain on absorbent m
(This much can be done a day ah

Not more than 2 hours before
serve, bring ⅔ cup honey and
sugar to a rolling boil on modera
stirring constantly. Remove fro
and stir in ¼ cup anisette (a
vored liqueur) and 1 teaspoon
Place the pinulate in a large b
mix gently with the hot syru
spoon onto a flat platter, stack
pastries to make a mound; drizz
remaining syrup. Sprinkle with
shot and dot with candied che
decorate.

To serve, spoon several pinula
individual bowls, and top, if
with a small scoop of vanilla ice
Makes 8 to 10 servings.—*L. I*
Juan Capistrano, Calif.

Niblets corn tastes more like this

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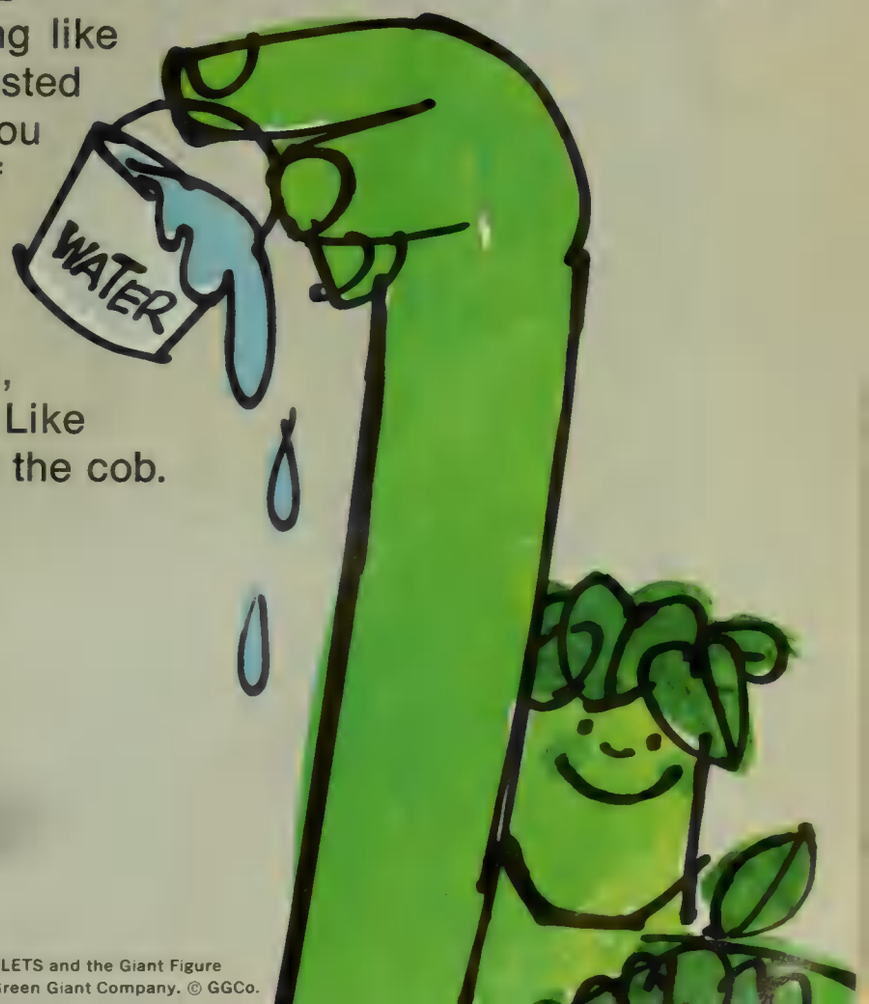
Some folks will tell you there's nothing like corn-on-the-cob. That is, until they've tasted the Green Giant's Niblets Brand corn. You see, other brands pack corn with lots of water. But the Giant vacuum-packs Niblets Brand corn with very little water. That's why it stays so crisp, sweet and fresh tasting. Like corn-on-the-cob—without the cob.



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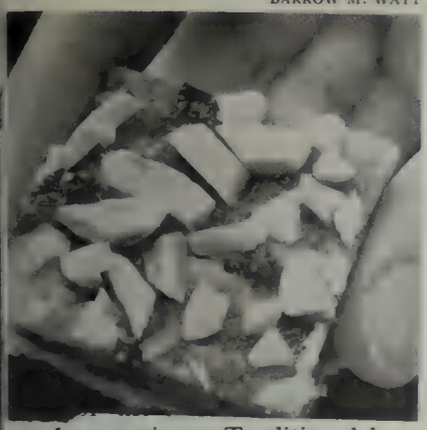
DARROW M. WATT



ı-style appetizers. Traditional her-
ishes that begin with the salted fish
require several days for flavors to
but the prepared herring appetiz-
ıt follow are ready to serve after
hours of mellowing. They keep
ɔr as long as a week.

erring dish is white with a subtle
ı of apple; the other is red with a
mustard. They contrast in flavor
as color, and although they're in-
ıg individually, they're comple-
ry together.

g is most comfortably eaten with
e and fork, but you can present
dish in several ways: spoon un-
d onto small plates; spoon into
ettuce leaves; or mound on but-
slices of firm-textured rye bread
ıpernickel.

g in Sour Cream with and Onion

ars (6 to 8 oz. *each*) herring in wine sauce
nedium-sized red onion, thinly sliced and separated into rings
arge Newtown Pippin apple, peeled and finely diced
cups sour cream
Chopped green onions (including some of the tops)
.emon wedges

ıerring and discard liquid. Blend
h with onion, apple, and sour
Cover and chill for at least 2
ɔefore serving (or store in the re-
:or up to one week). Spoon into a
bowl and garnish with the green
Squeeze lemon juice onto indi-
portions, as desired. Makes about
ps.

; with Tomato-Mustard Sauce

up tomato-based chile sauce
ɜaspoon mustard seed
ɜaspoon dry mustard
ɜmon (including peel), thinly sliced
ɜaspoon prepared horseradish
ars (6 to 8 oz. *each*) spiced cut herring, drained

all saucepan combine chile sauce,
l seed, dry mustard, lemon, and
dish; bring to a boil, stirring. Re-
auce from heat and blend in the
Cover and chill for at least 4
efore serving (or store in the re-
or up to one week). Present the
in a serving bowl. Makes about

□

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(Ka-sáir-ee)

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Inverno

(In-vaír-no)

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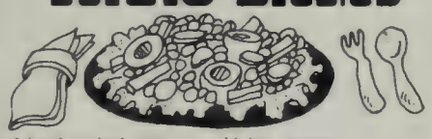
PATIO SALAD



6 hard-cooked eggs, chopped
½ cup dairy sour cream
1 tsp. dry mustard
1 tsp. prepared horseradish
½ tsp. salt
¼ tsp. pepper
8 oz. Stella Kasseri cut into bite-size strips
½ C. chopped green onion
½ C. sliced radishes
1 sm. head romaine lettuce

Combine in medium-size bowl: sour cream, mustard, horseradish, salt and pepper. Mix well. Add cheese strips, eggs, onion, radishes. Toss lightly. Chill well. Arrange on lettuce leaves. Garnish with additional radish slices, if desired.

DID YOU KNOW?

Kasseri cheese was originally produced in the mountains of Greece, and is now produced by Stella in Wisconsin.

Write for more recipes

These recipes were created to dramatize the unique flavor of **STELLA KASSERI.** They're free!

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wines are chosen
y the label.

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The Gobbler. Big eaters will dig right into this on rye, filled out with nourishing slices of Salami S

Rainbow Burger. It's a colorful stacking of (readin bottom up)—Cheez 'n Bacon Singles, sliced toma beef patty, Monterey Singles and—after this is —an avocado slice.

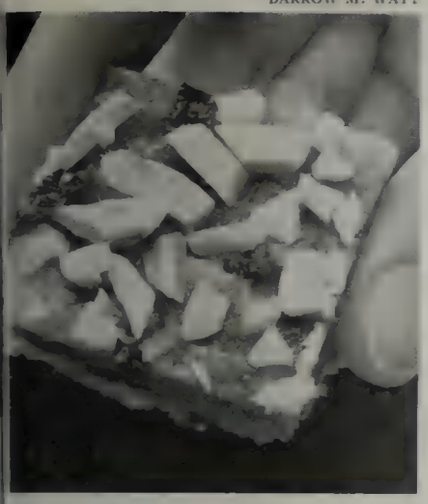
...and then there were eleven.

It all started with American Si a sandwich slice from Kraft tha individually-wrapped and ver tritious. Soon Pimento, Swis Salami came along.

Then Jalapeño and Onion- and before you could say Kraf gles process cheese food slices, were eleven. Eleven kinds of wich slices, for all kinds of del sandwiches.

KRAFT Division of Kraftco Corporati

DARROW M. WATT



ed almonds *give crunch to*
ct square of candylike dessert

Sweet tooth treat . . . halva

a, halva is a sweet confection sold ely as candy bars are in the United Of the many versions, this is one rticularly appeals to Westerners. (also spelled halvah or halwa) is y a word used as freely as we use or pudding, for it can apply to a umber of preparations with little eetness in common.

is usually a cooked mixture, soft , hot or cold, and based on foods s ground nuts, crushed seeds, egetables, or cereal. Here farina ed with ground almonds, milk, sins.

Halva

2½ cups blanched slivered al- in a shallow pan and bake in oven until lightly toasted, about utes. Put 1 cup of the almonds in der; whirl until finely ground. emaining nuts.

ge saucepan, melt 2 tablespoons er or margarine over medium dd ¼ cup regular farina and irring until lightly toasted. Grad- r in 1½ cups milk until blended. teaspoon *each* salt and ground om, ¼ teaspoon cinnamon, ⅔ ar, 2 tablespoons honey, ½ cup (coarsely chopped), and ground s. Stir constantly until mixture s thick and stiff and pulls away des of pan. Blend in 2 more ons butter and chopped nuts (set cup for garnish).

evenly in a buttered 8-inch pan. Sprinkle the ¼ cup nuts . Let cool, cover and chill until least 2 hours. Cut into 25 —*R. S., Palo Alto, Calif.* □

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October Porkfest

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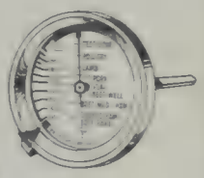

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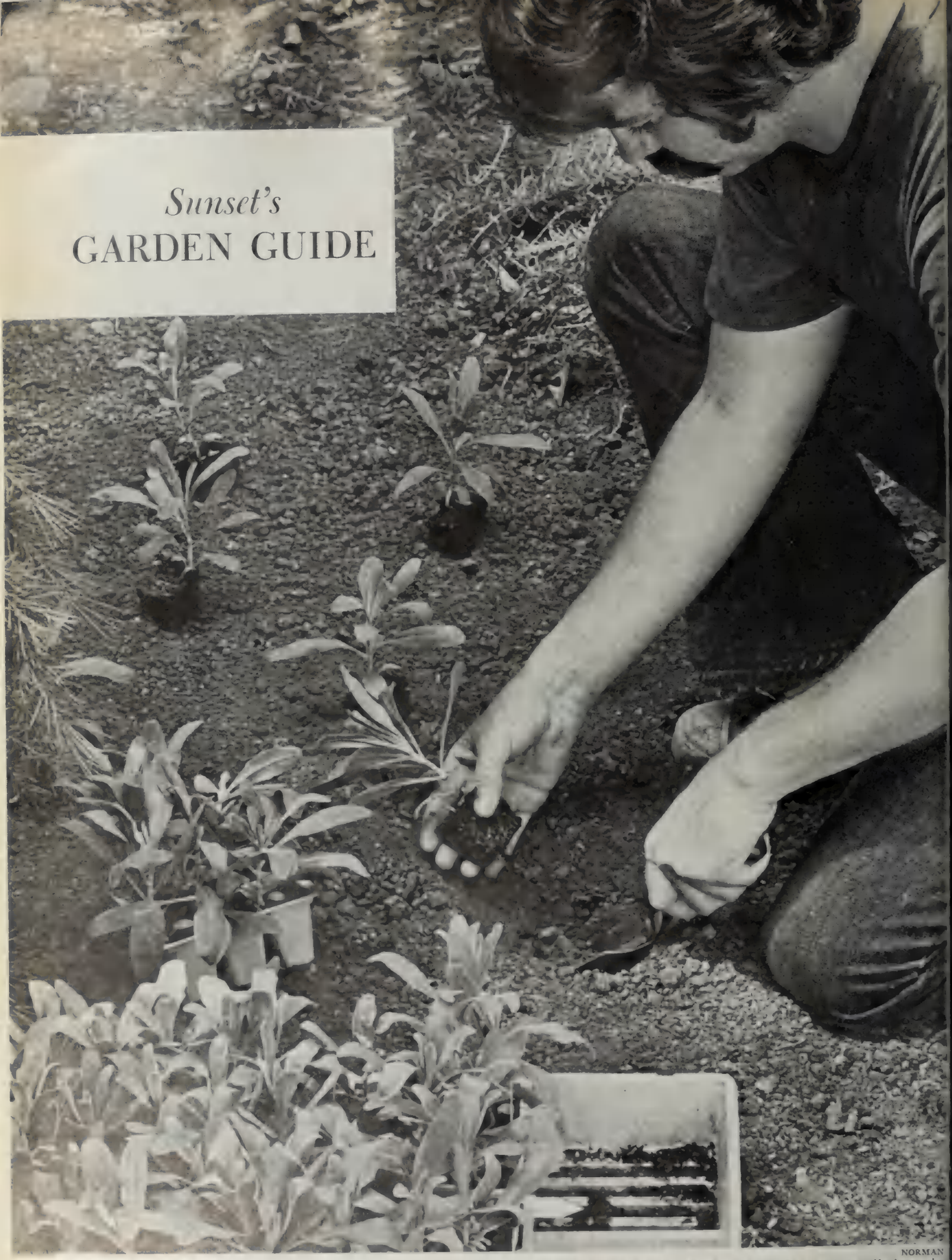


Sunset's
GARDEN GUIDE

NORMAN

Next spring . . . big and blooming

Winter-hardy annuals planted this November will give color to the garden early next spring. These 6-inch seedlings of stock, set out from a flat, will grow about 2 feet more and will bloom red, blue, purple, lavender, and white

)VEMBER IN YOUR GARDEN:

It's about your last chance to make a real stir

ember brings shorter days, colder s, and often the start of heavy that signal the end of the fall plant-season. The earlier you do your ing, the sooner you can expect re—both for annuals and vegetables. ember is the customary time to plant traditional bulbs, especially tulips daffodils. But don't overlook others, lilies and small bulbs (you will find information on both these subjects is Garden Guide).

the planting is finished, you ld make a general cleanup of fallen s and other debris and do light ing as needed to reduce the chances mage by winter storms.

call for fall planting

can still reap some benefits of the planting season by putting in an- and perennials this month. Don't sappointed if plants don't grow as s ones set out in October when the ner was warmer and there were daylight hours. October plantings a good chance to bloom in winter, Jovember plantings probably won't r until spring.

Don't be discouraged, however, from planting now. In most mild-winter areas, soil temperatures stay high enough to promote good root growth for about 60 more days. Even if there is little evidence of growth above ground, roots will continue to spread as long as the soil stays warm. And when warm weather returns in the spring, well developed root systems will make plants grow and bloom rapidly.

For an idea of what you can still plant this month, see the photograph at the bottom of this page and other suggestions in this month's check list.

New library for gardeners

Gardeners in the San Francisco Bay Area who want more information about plants than they can get in local libraries may find what they want at the Helen Crocker Russell Library of Horticulture now open at Strybing Arboretum in Golden Gate Park.

The collection includes books on gardening, plant propagation, flower arrangement, plant lore, and books of botanical illustrations. There is also a special collection on plant hunting—biographies and journals of men who searched the world during the last century for rare and unusual plants.

The library is next to the Hall of Flowers at the main entrance to the arboretum. Library hours are 10 A.M. to 4 P.M. Monday through Friday.

How to fertilize landscape trees

For gardeners with questions on how or when to fertilize established trees, here are some general rules.

The element that trees need most is nitrogen. (Most soils supply enough potassium and phosphorus, but some soils are deficient in boron, iron, or zinc.)

Nitrogen is available in several forms —nitrate, urea, ammonium. (The fertilizer label tells which.) It doesn't matter what form of nitrogen you apply unless the soil *p*H is less than 5 (very acid). Then you should use a nitrate fertilizer.

A simple way to apply fertilizer is to put it on the soil at the tree base and water it in. Another way is to use a deep-probing tool to force dissolved fertilizer down into the root zone.

For most established trees, measure

lanting favorites *that you can buy ready-to-set-out include annuals such as Iceland poppy, la malacoides, snapdragon, stock; perennials include delphinium and gazania*

Sunset's GARDEN GUIDE

Hybrid *lily 'Enchantment', planted in tub in November, produced red-orange blooms in July*

DARROW M. WATT

fertilizer according to the ground area you want to cover, rather than the size of the tree. Usually 1 pound for every 20-by-20-foot square is sufficient.

In mild winter areas apply the fertilizer in late fall, when rains bring more moisture to the soil and conditions are most favorable for root growth. Roots will continue to grow until soil temperatures fall below 45°. One application of fertilizer per year is sufficient.

Forest guide to Monterey Peninsula

Many people who visit Del Monte Forest on the Monterey Peninsula each year are unaware of the enormous variety of plants and animals living there. A new book, *Forest Heritage*, can now serve as an introduction and guide to the native plants and animals.

Compiled by Beatrice Howitt, an expert on native plants, the book contains articles by several biologists and archeologists and is illustrated with many photographs in both color and black and white of wildflowers, trees, and birds, and land, sea, and shore creatures. Maps show locations of different plant communities and Costanoan Indian dwelling sites. There is also a check list of native plants and birds that gives scientific as well as common names.

The soft-cover book costs $2.75 plus a 25-cent handling charge. (California residents must also pay 14 cents sales tax.) You can purchase it by sending a check for the full amount payable to Forest Heritage Association, Box 716, Pebble Beach, Calif. 93953.

Use deep container. *Partly fill with soil, plant lily bulbs 6 inches apart, cover with 6 inches of soil*

NOVEMBER CHECK LIST: *Fall planti*

☐ **Annuals.** Calendulas, fairy primrose, Iceland poppy, pansies, snapdragons, stock, and violas are among the best plants to set out this month in most of northern California. All need plenty of winter sun and well drained soil. Bigger plants bloom sooner, but beware of getting old, root-bound ones. Winter and spring-blooming flowers planted a month ago can use a feeding now.

☐ **Camellias.** Now's the time to plant most kinds. Pick a shady, well drained spot sheltered from wind. Keeping the soil around the roots moist will prevent buds and flowers from drying out. After the blooming season starts, pick off faded blooms to encourage new blossoms.

☐ **Fuchsias.** Help plants survive in cold-winter areas by giving containers some overhead protection; also cover fuchsias left in the ground with about a foot of ground bark or peat moss on top of the roots. The time to prune is after growth starts in the spring.

☐ **Lawns.** Hardy grasses—bent, bluegrass, fescue, rye—will sprout through November so you can still plant a new lawn before the heavy rains arrive. The longer you wait, the greater the chance that rain will wash away fresh seeding. Also, by December the ground will be too cold for most hardy grasses to sprout. Well established lawns need to be fertilized now.

☐ **Living Christmas trees.** The selection is greatest now, so it's a good time to go shopping. Buying a large container will let you use the tree for several years. Otherwise, be prepared to plant it in your garden after the holidays.

☐ **Perennials.** You can still plant many perennials, including the following: *Alyssum saxatile*, billbergia, carnations, coral bells, delphinium, evergreen candytuft, gazania, penstemon, phlox, primroses, saxifrage. You can also make

‹ the persimmon-spoilers

ovice persimmon growers, here ew suggestions on harvesting and :. Birds will eat the fruit if it on the tree. To avoid that, pick persimmons when they are still ut after they have turned bright . Store the bitter, unripe persim- n a cool, dry place until you are :o use them (they will keep for a me).

you are ready to eat some persim- take a few out of storage and put n a closed container, such as a in, with a ripe apple. The ripe gives off ethylene gas, which will the persimmon ripen in a few Fou can repeat the process with ersimmons and the same apple as the apple doesn't spoil.

in containers

will often do very well in con- as you can see in the top picture If you want to try them, start by ıg big bulbs, at least 2 inches Get a container deep enough to least a foot of fast-draining soil ll the container with 6 inches of :. Then use a hand trowel to dig as shown in the bottom picture Lower the roots into the hole and push the soil around them. Set bout 6 inches apart.

ll the bulbs are in place and their n the soil, cover them with 6 more of the potting mix. Water the soil moist at all times be- lies never completely stop grow- ılso helps to fertilize lilies about week with a dilute solution of ulsion from the time sprouts first Stop fertilizing when flower buds

the better lilies for containers are ones included in the groups of Asiatic outward and upright-flowering lilies (commonly called Mid-Century hybrids). Names to look for are 'Enchantment' (bright orange blooms), 'Cinnabar' (red flowers), 'Golden Chalice' (gold blooms), and 'Harmony' (orange blooms).

Lovable little bulbs

If you like little plants, you'll delight in miniature bulbs—the kinds with dainty flowers on stems only 2 to 8 inches high.

Miniatures aren't fragile but you still feel like babying them along. Some bulbs are extremely small (those of *Narcissus* 'Minimus'—smallest of the trumpet daffodils—are about the size of a tiny pea). You should be careful not to let them dry out before and after planting, but otherwise you treat them much the same as larger bulbs.

Plant small bulbs in pockets in rock gardens or raised beds or—even better in warm-winter climates—in containers. Use a light, porous potting mixture. Keep the bulbs cool and moist after planting and during bloom. If you bring container-grown bulbs indoors during bloom, place them in a cool room so flowers will last longer.

A few nurseries carry a wide selection of miniature bulbs, including *Anemone blanda*, glory-of-the-snow (*Chionodoxa luciliae*), winter aconite (*Eranthis hyemalis*), common snowdrop (*Galanthus nivalis*), *Iris reticulata*, hoop petticoat daffodil (*Narcissus bulbocodium*), Siberian squill (*Scilla sibirica*), and lady tulip (*Tulipa clusiana*).

Flowering cabbages

The flowering cabbages shown below aren't really grown for their flowers. Their best quality is their frilly leaves: They form tight clusters and turn bright colors when cold weather comes. Like flowering kale, which has frillier leaves, flowering cabbages are derived from edible vegetables, but were bred for color rather than taste. Both are good in containers or sunny borders.

You can get young flowering cabbage and kale plants at many nurseries this month. Set the plants out in deep, rich soil. For massing in borders, plant 15 to 18 inches apart. A single plant is sufficient for an 8-inch pot. Feed plants with a complete liquid fertilizer every two or three weeks starting about 10 days after replanting. They need plenty of water during the growing season, and, if winter rains don't keep the soil moist, you'll need to do supplementary watering.

When warm spring weather comes, cabbage and kale send up long stalks with small, yellow flowers. Unless you want to save the seed for next year, you should pull out the plants when they start to bloom.

Flowering cabbages *are leafy winter ornamentals. Cold brings out colors including pink, rose, purple, white*
DON NORMARK

op priority

sions of crowded perennials, ı as agapanthus and daylilies. :ard the central, woody portions r you cut the clumps apart.

Trees and shrubs. Stake newly planted trees to prevent wind ıage. Wait until winter for major ıing, but prune shrubs lightly to improve their shapes. Also, ove any dead limbs from large s. Thin out evergreens to pre- damage from winter storms. ın up dead leaves and debris ınd the crowns to keep the area ry as possible.

Vegetables. By the end of the month, you should be able to bare-root plants of artichokes, asparagus, and rhubarb; add an organic amendment to the soil before you plant these perennial vegetables. You can still plant seeds of beets, carrots, peas, radishes, and spinach for successive harvests. Hurry to set out plants of broccoli, Brussels sprouts, cabbage, and cauliflower.

Wildflowers. November is the best time to sow wildflower seeds for bloom next spring and summer. Many of the following flowers are available now—baby-blue-eyes, forget-me-nots, California poppies, godetia, larkspur, linaria, lupine, and scarlet flax. Keep the soil moist until the seeds sprout. □

The pale green fruits with the worried look

Buy them now or soon. Plant them in early spring, then wait for a surprise of your life

Chayotes are in season now. If you've been curious about these worried-looking, pale green fruits, buy and eat a few (recipes are on page 208). If their flavor pleases you, buy some more and save them for planting in the spring.

Although the chayote (pronounced chy-*oh*-tee; name and plant are of Mexican origin) is a member of the squash or cucumber family, it's not just another variety of squash. To begin with, it's perennial; although the tops die back in winter, the roots send up new growth each spring for many years. The vines climb tall by tendrils—to perhaps 50 feet—and can effectively shade a wall or sitting area.

The fruit of the chayote is entirely edible—even the single large seed each fruit contains. Tender young shoots are edible too, as are the big tubers that form in the plant's second year. (We haven't found anyone who has eaten either; perhaps no one is willing to kill the goose that lays the golden eggs.)

Fruits are usually pale green, oval, smooth-skinned, and furrowed. But some plants produce fruit that's darker green, round, or spiny.

The whole fruit is what you plan though it stores reasonably well cool (not cold) place, it won't las ever. To have sound fruit for pla buy them in November, Decemb January and store at temperatures ly above 50° until planting time in ruary, March, or April. (A gara covered porch is usually adequate. fruits may send out long shoots t you plant them; these may be cut to 1 or 2 inches at planting time.

Plants need sun and well drainec To produce lush top growth and crops, they also need ample fer and water. Plant the fruit, slanted,

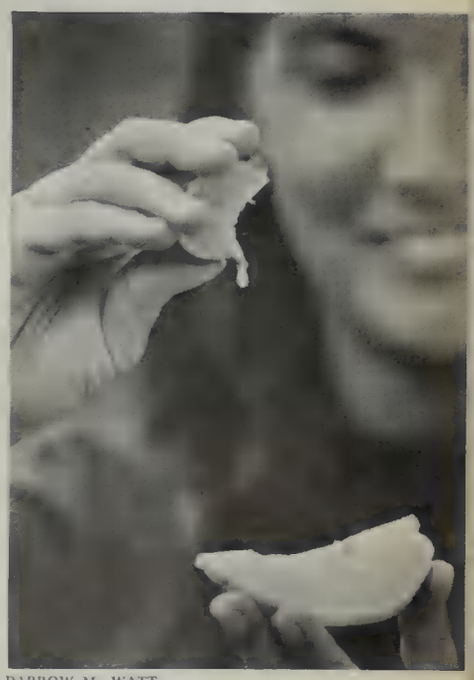
Gathering *chayotes trained on arbor as a commercial plantation in Oceanside, California*

These *chayotes were started in pots, then roots escaped into ground*

Chayote *fruit shown here is nearly life-size. Furrowed fruit and the enclosed large seed are both edible*

WILLIAM APLIN

Wedge *of chayote with squeeze of lime juice, salt, makes good nibble*



DARROW M. WATT

Plant *chayote, slanted, with seed (sprouted) end down, other end just buried*

planting hole, seed end down; the seed end will usually have a shoot by planting time. If it doesn't, the broadest end will usually show the seed tip peeping out of the fruit. Barely cover fruit, or leave stem end barely exposed. Plant at least two for cross-pollination. Furnish an arbor or trellis for support.

Water cautiously as first; overwatering causes rot and drought can kill roots. Plants are not fussy once they have begun to grow vigorously.

Plants will soon cover the structure with vines and large, lobed leaves. Irrigate deeply when soil begins to dry out, and feed occasionally. Commercial growers use well rotted manure and supplement it with additional nitrogen.

Plants begin to bloom when days start to grow shorter—usually late in August. First fruits are ready for harvest about a month after bloom begins. Depending on the weather, plants may bear through December and January in Southern California and produce as many as 50 to 100 fruits to the vine. Cold weather slows growth and production, and frost kills plants to the ground.

In January or February, cut off vines at soil level and leave them to dry. Remove when they become brittle enough to break up easily. If you don't perform this operation yearly, the vines can become an unmanageable tangle. □

ELLS MARUGG

This erythronium *is 'Pagoda,' a vigorous hybrid of two Western species. Creamy yellow flowers are 3 inches wide in April*

PLANT COLLECTOR'S CORNER

A heath that's showy now . . . spring blooming erythronium

This month's collector's plants should be planted right now—one for spring delight, the other for more immediate viewing. They are not easy to find, but they are rewarding to gardeners who appreciate attractive novelties. And one is a true Westerner.

A heath in Christmas colors

To get *Erica speciosa*, you will have to go to Manning's Heather Farm between Sebastopol and Occidental in western Sonoma County. It's at 12450 Fiori Lane. To reach it, go west from Sebastopol on Bodega Avenue (later Bodega Road), then turn right on Ionive Road (about 4 miles west of Sebastopol). There's a nursery sign at Fiori Lane.

The Mannings grow some kinds of heath and heather than you would believe. Many of them are South African plants with flowers of unusual size, form, and color. We've selected *E. speciosa* as a collector's plant because its red and green flowers seem especially appropriate to the winter season. You may find a dozen other species as intriguing. A shrub usually 2 to 4 feet tall, *E. speciosa* has dark green foliage. The closely set, needlelike, ¼-inch leaves give the branches a furry look.

Flowers may appear at almost any time of year. They are inch-long, narrow tubes of bright red with yellowish green tips. Not as effective in the mass as some heaths, it's startling seen close-up. Like most heaths, it cuts well, and careful cutting for flowers helps shape the plant.

Without shaping, plants can grow rangy. To keep them compact, cut back stems that have flowered to a well placed side branch. Pinch subsequent growth to force additional branching, if needed. One plant in a Los Altos, California, garden grows in a raised bed at the outer edge of a circle of shade cast by a tree. Its blossoms look you right in the eye.

Although considered tender below 28°, the Los Altos plant has withstood t peratures of 22° with no harm. The it grows in, though well drained, is especially good. To do your plant tice, though, give it a rich, loose, soil with excellent drainage and a mu to keep roots cool. If you can't giv good drainage any other way, grow i a container or a raised bed. And planting time don't cut the matted n of hairlike roots—that's how the supposed to grow.

The elegant erythroniums

Some erythroniums are native to Eur and Asia, some to the eastern Un States. But the biggest and best c from the West or are hybrids and se tions of Western species—yet they seldom seen in California gardens. W One reason is that they aren't easy find in nurseries; another is they'r little capricious.

The bulbs can't take drying out. them as soon as they appear in nur ies, and plant them as soon as you b them home. Plant them in damp soil give them irrigation if fall and wi rains fail. Give them some sum water, too.

They are well worth it for their pl foliage, often handsomely marked brown, and for their beautifully pro tioned lilylike flowers in white, yel pink, or lavender shades. Plant ther rich, well drained soil, preferably in shade. They may not bloom the first even under the best of conditions.

If your neighborhood nurseryman c supply you, you can get bulbs f George W. Park Seed Co., Greenw South Carolina 29646.

NORMAN A.

Inch-long *tubular flowers of Erica speciosa are bright red, tipped yellowish green*

Announcing the new KitchenAid Trash Compactor. If you like our dishwashers, you'll love our compactors.

A new kitchen appliance from KitchenAid. It takes all the boxes, cans, bottles and paper you throw away and squeezes them down to ¼ or less of their original volume in just 35 seconds.

It's built with the sort of care you'd expect from the makers of reliable KitchenAid dishwashers. It has a handy, built-in "Litter Bin",™ so you can toss small trash into the compactor without pulling open the trash drawer. An activated charcoal air filter to control odors. And a ½ h.p. motor to provide up to 3000 pounds of ram force.

For over 20 years we've been making good dishwashers. So, with our good name at stake, we've tried to build our compactors to give the same reliable performance.

See your KitchenAid dealer. Check the Yellow Pages under "Dishwashers." Or write for free consumer information. KitchenAid Division, The Hobart Manufacturing Company, Dept. 2CG-11, Troy, Ohio 45373.

KitchenAid
Dishwashers and Compactors

KitchenAid. Built better. Not cheaper.

Metal liner *fits into hole, supports pot and plant*

DON NORMARK

Indoor gardener *lifts a potted plant to check liner for accumulated water*

One way to grow assorted indoor plants

The plants are real enough, but the planter box shown here is a deception. It gives the impression that all the plants are rooted in the same soil when they're really in their own containers. It's difficult, if not impossible, to grow different kinds of indoor plants together in a real, mixed-roots, indoor bed.

This planter box stands in the Spokane Public Library. But it could be equally useful at home if you wanted to grow an assortment of indoor plants in individual pots and group them together. In a home, such a box can also make a leafy room divider.

The box frame is built of 2 by 4's and the box itself is 2 feet high, 2½ feet wide and 8 feet long.

If you build a box of this size, reinforce the sides with diagonal struts. To support the weight of the potted plants, place additional 2 by 4's across the length and width of the top at intervals where they will not interfere with holes for the pots.

Attach heavy duty, double casters to each of the four corners and half way between the ends. The casters will make the planter movable for cleaning or decorative effect.

For the artificial planting surface you might buy a manufactured plywood paneling with fine gravel stuck to it. Such a product is sold at most lumber supply stores. Use it to cover the top, with holes cut to admit the plant pots and the liners that it would be wise to have around them. Liners will catch the water that drips from the pots.

The metal liners in the Spokane library's planter holes are of two diameters: 10½ inches and 17½ inches. Sizes of the ones that you might use would, of course, depend on the size of your pots.

A Spokane tinsmith made these liners out of aluminum according to specifications by architect Carl W. Ventyn. much smaller pots, you could u pound coffee cans—bend a lip enough to support a potted plant a enough to keep the can from through the hole. But be prepar the possibility that a coffee can us way may rust through in a year or in just a few months.

For larger pots, you could fit in factured galvanized tin or plastic ets or even larger clay pots with drainage holes sealed.

The sides of the Spokane library p were covered with plywood, whic in turn covered with low-pile carp cured with glue and nails. Other ki fabric, contact paper, or even a stain or enamel paint would do a for a home planter.

In the Spokane library, someone take plants out of liners every two and dump out the collected water.

Handy answers to hard questions asked by children in the Health-tex years.

Why do we vote?

In America we vote to choose our leaders.

When American citizens vote for a President on November 7, they will go to voting places called polls. Each person goes into a tiny booth alone and makes his choice for the leader of our country.

When all the votes are in and counted, the an who has the most votes wins. Even if he not the man we voted for, we accept him cause this is a democracy or government the people.

We have the right to vote. It is also our duty. ır vote shows we care about the future of our country. You will be able to vote when you are 18 years old.

Children vote for things they want too. When the teacher says, "All those who want to hear a story, raise their hands . . ." and you raise your hand, you are voting.

Mothers vote for Health-tex and make speeches to other mothers about how good our flare bottom pants, jumpers, shortalls and shirts are. Single knit, doubleknit or woven. Machine-washable. Mostly permanent press. When mothers get out the soap box, they're glad they voted for Health-tex. Boys, size 6 months to size 8. Girls, size 6 months to size 6x.

Health-tex
STANTOGS

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NORMAN A. PLATE

Compost *grinder chops up mountain of old cornstalks. Operator wears safety visor*

Shredded *cornstalks from the grinder. Pie this size will break do quickly on compost p*

Last summer's corn can make next spring's compost

Of all the summer vegetables, corn's post-harvest leftovers usually create the biggest disposal problem. Most gardeners who grow corn tend to grow a lot of it, and the plants are big and bulky. A trip to the dump can be a nuisance, and burning is against the law in many places. So what about composting the leftover corn?

As shown here, composting involves some work, but you will eventually get a useful soil additive.

Cornstalks and leaves are fibrous and tough so they won't break down as quickly as other stemmed leftover plants such as tomatoes or squash. (Gardeners who work whole corn plants into the ground may find they take several years to break down completely.) You can speed up decomposition by chopping plants into small pieces before putting them in a compost pile.

A laboratory analysis proved to us the value of chopped-up cornstalks as a soil conditioner. They consist of 95 per cent organic material, including about 1 per cent nitrogen, 0.2 per cent phosphorus, and 2 per cent potassium. The salinity (salt content) is low, but the acidity is quite high—about as high as amendments used in soil mixes for acid-loving plants such as camellias.

Freshly chopped cornstalks might make the soil too acidic for vegetables—but will not rob the soil of nitrogen as do some kinds of organic matter; the 1 per cent nitrogen in the cornstalks supports their decomposition. It's best, however, to put cornstalks into a compost pile for at least six months before adding them to the soil as an amendment. In that time —or longer depending on how often you turn and water the pile—the chopped-up cornstalks should decompose into a dark, rich, less acidic humus.

One word of caution: Decomp cornstalks smell bad and attract You might want to make a simp screen from 1 by 2's and netting.

To speed up composting

It's hard and very slow work, bu can use any number of hand too chop cornstalks into smaller piece faster composting—pruning shea machete, a sharp spade. The small pieces the better.

Compost grinders—the kind you ca or rent—turn cornstalks into shred we found out that the tough woody fibers clog most grinders unless you in the cornstalks one by one. How we did test one machine (pictured left) that did a fast job. It's new our round-up of compost grinders 50 of the January 1971 *Sunset*).

It chops with three moving and two blades driven by an 8-hp engine. I cut tree limbs 2 inches thick. The b are housed below the long funnel-sh loading hopper—safely out of reach. Manufacturer is the Forr Company of Sunnyvale, Calif Price is $975, several times more other home compost grinders.

Enclosure *of 1 by 2's and cloth screening helps keep flies from compo*

From meat to cereal with the flick of a wrist.

That's all it takes to discover if your "meaty" dog food has cereal in it. Despite meaty names, meaty looks, and meaty prices, most dog foods aren't just meat. Their ingredient lists prove it.

How "meaty" do you think wheat flour or tomato puree is?

NOT A SPECK OF CEREAL

ALPO is different. There's not a speck of cereal in ALPO Beef. The label on ALPO Beef will tell you that it's just beef and meat by-products and total nutrition. Period.

If you want all the meat you pay for . . . get ALPO. Because ALPO doesn't just promise meat. ALPO delivers.

© 1972 Allen Products Co., Inc., Allentown, Pa.

Sculptured *lamp and Cordyline australis in pot make glowing silhouettes on patio by night*

CRAIG ZWICKY

Decorative sides *can be cut out with jig, saber, or coping saw. Fiberglass panels inside diffuse light, cover bulb*

ELI

Poolside lamp *is 8½ feet tall; 14 inches across lamp box. Roof and sides repeat design of teahouse*

After dark in Sacramento, handcrafted lamps to light garden and entry

Sacramento has a boom on hand-crafted garden lamps. In some new areas, you seem to see a different style lamp at almost every entrance. You may see a few copycats, but there's more emphasis on lamps that are unique. Styles run the gamut from bold and brassy to subtle and romantic. The ones we show here tend to be architectural in design, with much use of wood because of its compatibility with plants.

Such lamps can be relatively small and inexpensive or valuable works of art. You can build a simple lamp yourself for as little at $15; large complex lamps made with more expensive m may cost many times more.

If you plan to make a lamp, th way is to use a glass-enclosed, all light fixture inside the lamp box at least 1 inch air space on all the fixture. Lamps such as these tended to give dim lighting, so wattage; a 100-watt bulb is abou mum. Brighter ones may overh damage wiring. Use heavy-duty wiring (with a ground wire), an local building codes for regulat outdoor wiring and fixtures.

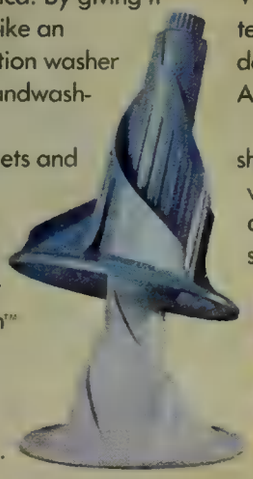
The Sacramento garden lamps

The Westinghouse Laundry System. It has what other washers and dryers don't.

t Westinghouse we designed our 1973 laundry system to be nost advanced washers and dryers in America. By giving it ures other washers and dryers don't have. Like an isive Hand Wash Agitator for our Extra Action washer can gently wash even your most delicate handwash-s. And an optional non-tumble drying shelf can dry noisemakers like sneakers and jackets and quietly.

nd we went on from there, with the kind of ures you expect to find on a laundry system dvanced as ours. Bleach and fabric softener ensers. Knit fabric setting and a Lock 'n Spin™ y lid.

3-lb. capacity to do oversize loads and still hem incredibly clean. Lint filter and water culation systems to keep your wash lint free.



We developed an exclusive Weigh-To-Save™ lid that helps tell you how much water and detergent and bleach to use. And then we started on the dryer.

Besides our optional drying shelf we added exclusive cross-vane tumbling for even drying. Extra large door opening so you can load and unload faster. A complete range of cycle selections so you can dry any kind of fabric and get them perfect...

And an end-of-cycle buzzer to tell you when everything is ready. The 1973 Westinghouse laundry system. It doesn't just have what other machines have...
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WRONG!

It's a fact, that mouse traps can cause more problems than they solve. If a trap does not accomplish a quick, clean kill, the job of "finishing off" the injured mouse is up to you. Or—if the trap happens to hit the mouse's tail or leg, he may hobble off, dragging the trap into the wall. But not with d-Con® MOUSE-PRUFE®...

MOUSE-PRUFE IS CLEANER. No disease-carrying, messy mouse traps around the house . . . no handling mice. And no disposal problems.

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MOUSE-PRUFE contains no violent poisons, so it's safe when used as directed—even around children and pets.

Good Housekeeping

Angles *on cap and rafters are tricky to build. Tiles around both lamp bases are high-grog clay*

here and on pages 264 and 268 may give you enough ideas to help you get started.

The long lamp in the larger photograph at the beginning of this article is built of stained pine wood and translucent plastic and assembled in two main sections.

The roof is just 4 squares of wood in graduated sizes, nailed together. Under the roof is a nailing frame of 1 by 1-inch wood to fit into the top of the lower section. Wiring comes in from the top through a hole in the roof.

The lower section is four decorative cutout wood panels (backed with plastic) nailed to 1 by 1-inch corner posts. It's not difficult to cut out such a design in single pieces of wood with a band, saber, or jig saw. When you make up such a design, remember to leave at least 1 inch on each side and at the top—or wher-

Fairly easy *to build with scrap lumber, plastic, fixture*

ever needed—for nailing. You m further ornament the lamp by rou the edges of the cut pattern, beve roof edges, or cutting lengthwise gro in the corner posts.

Small brads will hold thin translu plastic panels in place behind the terned openings. It is advisable to small holes in the sides up near the to allow heat to escape. If you drill t diagonally, light won't shine str through the holes into a viewer's ey

Both this lamp and the square-loo one at the bottom of this page wer signed by college art teacher Pruner to demonstrate basic lamp s ture to his students. Although the lamps look quite different from other, their construction is simila both, the upper roof section has a ing frame that fits snugly into the l section. A few structural variations changes in ornamentation and pr tions make the difference. The long is 38 inches high, 8 inches wide a base, 12 inches across the largest section. The squarish one is 28 i long and varies from 11 to 16 i across.

Small post lamps can be built in a si way, with roof, corner posts, and orative or simple side panels. A cl fitted roof that can be pulled off hinged roof will give you easy acce burned-out bulbs. Wiring can run ground level up through the cent four 2 by 4's nailed together; or groove cut in a 4 by 4-inch post, w thin strip of wood to conceal the

The post lamp on page 264 with c

Soup Crunch
Cottage Cheese Crunch
Casserole Crunch
Tuna Crunch
Rarebit Crunch
Put a little crunch in your lunch.
Why save Bel-Air Croutons for company? Enjoy 'em yourself for lunch, dinner, brunch or breakfast! Specially baked, delicately flavored, Bel-Air Croutons crunch up salads, soups, scrambled eggs, cottage cheese casseroles. And they make snappy snacks. There are so many meals Bel-Air makes a good bit better!
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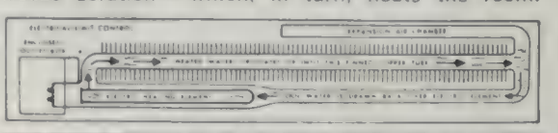

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Town ..... State .....

and curves cut in its side pa[illegible]ls done by Belmonte Studios for [illegible] Mrs. Bud Goldberg. It's 12 inc[illegible] and 22 inches tall.

The simple post lamp on this p[illegible] designed and built by its ow[illegible] Lawrence. It has tinted glass lig[illegible]

A garden lamp can be a majo[illegible] of the landscape. The tall post [illegible] page 264 has a triple function: [illegible] lights the edge of an irregularl[illegible] pool, highlights a pleasing plant [illegible] ment, and also serves as a [illegible] architectural theme throughout [illegible] er's yard. Two identical post [illegible] luminate the front entry.

The lamps' design imitates the [illegible] pattern of the roof and sides o[illegible] house seen in the background. [illegible] lamps of the same design as th[illegible] nated section of the post lam[illegible] from chains, with lower ends [illegible] loosely to the teahouse wit[illegible] springs. The springs allow the [illegible]

Hinged roof *makes bulb changing easy. Post is four 2 by 4's*

sway gently in the wind, but [illegible] damage from banging. Marc A[illegible] the lamp, teahouse, and landsc[illegible] sign for Dr. Lawrence M. Porte[illegible]

The large, raftered lamp on pag[illegible] also an Askew design, at the [illegible] Dr. and Mrs. Louis Heller. Sc[illegible] entry lamps such as these are [illegible] tifying landmark by day as we[illegible] night. Light shines through a[illegible] sleeve that slips up 6 to 8 inches [illegible] rafter area for bulb changes.

For lamps of this size and con[illegible] you may want a professional to [illegible] plans—then build lamps yourse[illegible] have sufficient time and skill.

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Giant auger *drills a little, then lifts out loose dirt*

A well driller helped renew this hedge

In the course of about 20 years, more than a dozen of the original privets (*Ligustrum japonicum* 'Texanum') in this hedge had either died or dwindled. When two cooperating neighbors finally realized they needed replacements, they wanted to get the new plants off to a fast start.

Access was easy from the driveways on either side. So they decided to hire mechanical equipment that could punch in some very deep planting holes. After a few telephone calls, they lined up a tractor-mounted auger of the type used for digging post holes or wells (check the yellow pages under "Drilling" or "Well Drilling"). Their hedge strip would accommodate holes of only 12-inch diameter, but 18-inch would have

After drilling *there was dirt and rock to take*

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:tter if space had allowed.

of the deeper soil proved quite so they screened it and mixed in redwood sawdust (about ⅓ to ½ total mix) and superphosphate handfuls per wheelbarrow load mix).

illing rig, at $17.50 per hour, o portal, with a two-hour mini- :ost $35. Sixteen hedge plants in ı cans cost approximately $100. perphosphate, treated sawdust, :el stakes and wire—to keep from stepping through the hedge a little over $15. Total cost was mately $150.

later, all new privets are thriving. :re almost as tall as their much :ighbor plants. □

ELLS MARUGG

Rock *and coarse stuff were screened out, good soil saved*

Handfuls *of superphosphate and plenty of sawdust added to soil*

The enriched *mix gets poured around newly planted privets*

v plants *in center have almost filled in solid*

All ice trays are not alike! Only "Magic Touch®" offers real ice convenience... cubes, slices, crushed ice!

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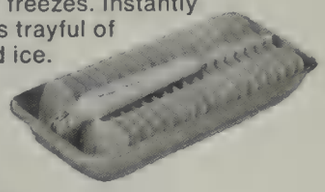

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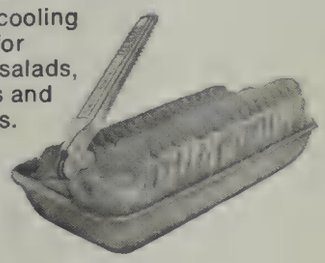

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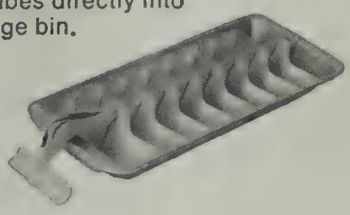

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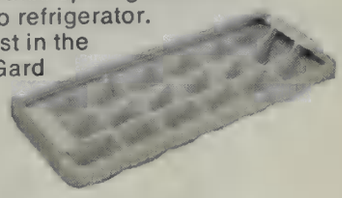

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Garden doings in November

d. November 4 and 5. National nthemum Society show sponsored Northern California Chrysanthe- Society and the Chrysanthemum of Marin. Place: Lakeside Park Center, 666 Bellevue Ave. 9 A.M. to 6 P.M. Saturday; 10 5:30 P.M. Sunday. Free.

Cruz. November 4 and 5. Fall e of the Santa Cruz Garden Place: Civic Auditorium, 717 Cen- Hours: 10 A.M. to 5 P.M. Free.

d. November 4 through 8. y decorations program by the and Recreation Department, the Clubs of the East Bay, and the er of Commerce. Place: Oak- uditorium. Hours: November 4 7, 9 A.M. to 5 P.M.; Wednesday, ber 8, 9 A.M. to 3:30 P.M. Free.

rancisco. November 7. Pruning stration sponsored by the Stryb- oretum Society. The lecturer will n Bryan, director of the arbo- Place: Hall of Flowers, Golden Park, Ninth Ave. and Lincoln Hours: 10 A.M. to noon. Admis- 2 for society members; $3 for nbers.

afael. November 8. A program day ideas by Mrs. R. F. Martin, ed by the Peacock Gap Garden Place: Peacock Gap Country ime: 11 A.M. Donation: $1.

d. November 10. Annual chrys- um show and sukiyaki dinner by sa Garden Club. Place: Civic rium, 400 N. Douty St. Hours: P.M. for the flower show; 5 to M. for dinner. Admission: $1 for show only; $3.50 for show and Make dinner reservations by No- 6 with Mrs. Fred Giacomazzi, ixth Ave., Hanford 93230.

d. November 18 and 19. The sev- h Western Orchid Congress by Bay Area orchid societies. Edgewater Hyatt House, Hegen- Rd. and Nimitz Freeway. The show is open to the public from to 5 P.M. Admission to the or- ow: $1; children, 50 cents.

lto. November 24. One of a con- series of lectures held the last of each month, sponsored by the Department and The Florets gar- b. Place: Cultural Center, Newell nbarcadero roads. Hours: 10 to .M. Free. □

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RECIPE

IMO PUMPKIN PIE

No. 303 can (2 cups) pumpkin — *2 eggs*
¾ cup sugar — *1 pt. IMO*
1½ tsp. pumpkin pie spice — *½ tsp. salt*

Preheat oven to 375°. In large bowl of electric mixer blend IMO and sugar for 1-2 minutes at medium speed. Add eggs, pumpkin, spice and salt. Blend 2-3 minutes more. Pour into unbaked 10" pastry shell and bake 55-60 minutes or until knife inserted in center comes out clean. Cool. Just before serving, decorate edges and center with a generous border of Rod's Whip-O Topping.

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NORMAN A. P

WILLIAM A

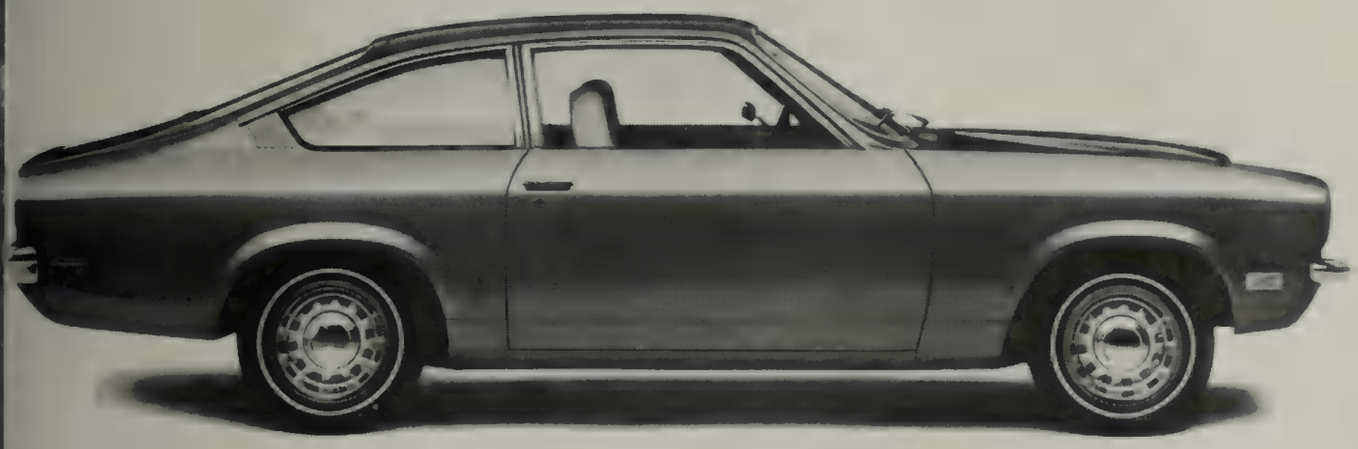
Red *fruit clusters of Ar italicum (top) come from b pale green inflorescence (botto*

Corn on a calla

Fruit clusters of *Arum italicum* re small (3 to 6-inch) red ears of c fleshy, foot-long stalks. People w the fruit in the fall don't alway ciate them with their earlier larg unshowy callalike flowers and shaped leaves (plain green or variegated) of spring.

Plants occasionally pop up under or among shrubs—volunteers fron sown seeds. Italian arum is rarel in nurseries. Now is the time to plant tubers from a neighbor's g reset them at the same depth.

973 VEGA. AN YOU SPOT HE CHANGES?



There's more "new" in the new Vega you might suspect.

But most of it is strictly internal. Tech-stuff. Not very exciting, but certainly icant.

Better belts and jack.

For instance we've improved the ion controls in the 1973 Vega, and sure you're glad about that.

We've replaced both the 3-speed and speed manual transmissions. The new shift smoother.

There's an improved seat belt system, w windshield washer control that's to use than the old one.

Even the bumper jack is better. (But worry. You probably won't use it very)

Like we said when Vega first came o years ago, we're not going to mess d with the looks of the car just to make different.

If you look closely at the 1973 Vega you can see that the bumpers look different than they did last year. But that's for a stronger bumper, not styling.

And if this ad were in color, you'd be able to see that the car is painted "Chamois," which is one of eight new colors available for the '73 Vega. (There are new interior colors, too.)

Oh. The nameplate now reads "Vega by Chevrolet" instead of "Chevrolet Vega 2300."

Whoopee.

Free color brochure.

In conclusion, what we have here is a Vega that still looks like a Vega, still handles like a Vega, still rides like a Vega, still saves like a Vega.

And that's not all bad.

For the full story, in full color, pick up a free 1973 Vega brochure.

At your Chevrolet dealer's of course.

VEGA
CHEVROLET

GM
MARK OF EXCELLENCE

Chevrolet. Building a better way to see the U.S.A.

Piggy-back *plant is woodsy looking (it's from our Western coastal ranges). New plantlets form at base of its light green leaves—hence the name*

Wizardry in the living room ... more house plant biographies

In September, *Sunset* borrowed 29 outstanding indoor plants from people's houses, apartments, and a couple of offices. We put these plants in two big photographs—they are on pages 98 and 100. There, you'll also find the histories of 15 of the plants, the first 15 alphabetically.

Here, we pick up the listing in the J's and present the other biographies.

Japanese maple (*Acer palmatum*). This is a rental plant—it goes out to stores and offices for brief stays. The rental firm keeps it outdoors under lath about eight months of each year. However, the firm once placed a grafted, fine-leafed Japanese maple in an office for a full year, and that one kept its leaves all winter. The one in the photograph loses its leaves in winter, as Japanese maples in gardens do. They look best in spring when new leaves are fresh.

The plant (actually it's a trio of plants) is watered once a week during its in-leaf months and is fed with a dry fertilizer five times a year. It has resided in its present 12-inch tub for three years. Previous to that, the plants were in individual gallon cans.

Myers' asparagus. This feathery plant has been kept near an east-facing window (but not in direct sunlight) for seven months. It gets watered daily and fed every two weeks with an unusual material—a bio-degradable cleanser the owner happens to sell. The plant, as you see it on page 100, is ready to be repotted.

Philodendron guttiferum. Stems grasp a wooden lath stuck in the pot as the plant creeps gradually up. The skinny leaves grow out parallel and horizontal, sort of like ladder rungs. The plant in the picture (lower right on page 99) had extended its stem beyond the original stake. If you look closely, you will see the nearly leafless new stem section flailing around as if looking for more lath to grow on. After the photograph was taken, Edie Johnson gave it 4 new feet of lath to keep it occupied.

The plant grows well with filtered late afternoon sunlight, a watering every four days, and a feeding of soluble complete fertilizer plant food once a month.

Piggy-back plant (*Tolmiea menziesii*). Treat it, the owner found, like a fern. Mostly, that means water it as often as every other day, and once or twice a week spray it with an atomizer. It likes to be wet.

Also, rotate the plant whenever the leaves begin to turn toward the light (Mrs. Martin keeps hers in indirect south light). Feed with fish emulsion once a month. When you repot it, just use regular indoor planter mix.

Pigmy date palm (*Phoenix roebelenii*). The owner, a plant rental firm, doesn't know the plant's exact age, but it's definitely old enough to vote, probably in its 20's. It's very valuable because pigmy date palms are usually little wispy things about 6 to 18 inches high. T p.d.p. has lived in its 14-inch about 12 years. Before that, it w 12-inch tub.

The handsome old palm has g on more than 100 jobs, perhaps 200: weddings, boat shows, conv —the kinds of gatherings that ar elegant by feathery potted palm around it gets fed every two wee complete liquid fertilizer and g tered about three times a week. isn't decorating a festivity, it' greenhouse. An equivalent res exposure would be where it can fused sun rays all day or severa of direct sunlight in early mor late afternoon.

Pregnant onion (*Ornithogalum tum*). This is probably the crazie in our photograph. And it's pret The mature bulb looks like an ground onion (it isn't), about inches thick.

You start with a raspberry-sized from the skin of someone's pregnant onion. Plant one of the on the soil surface in a pot. quickly root, make strap-shaped and then begin to expand the bulb and leaves. Then it will begi ing little bulblets on its own ski can pot them. And so it can go. *finitum*.

The pregnant onion in the phot on page 99 is a great-grandmot ready, and it's only two years old.

Grow pregnant onion in good soil, water it often (if the bull spongy, it needs water), and feed four weeks. The plant grows well i if the room isn't too dark.

Pteris cretica 'Rivertoniana.' Tw ago this plant was purchased as an at a florist shop. At first it didn't d well. The owner determined that was too hard, and it was gettin much light. He repotted the plan looser potting mix and moved the from a bright sun porch to a bat that opens onto a light well. Sinc the plant has grown and perf mightily. The plant lives in the apartment with the bird's-nest (page 100) and gets the same f and watering.

Red-leafed coleus. Responding to care and attention, this butterfly-s plant has become Mr. Purcell's friend and the prize of his bay w greenery collection. The plant is r twice each week for even growth northern exposure. Mr. Purcell p new top growth to encourage the branches to grow into graceful, out and-downward boughs. He pick flowers to keep growth energies at the leaves. He waters every t three days and sprays the soil daily

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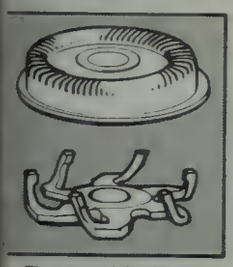

Rotary blade as it its in slotted head.

As you shave, this unusual blade constantly hones itself, so it stays sharp day after day. You don't have to worry about replacing it.

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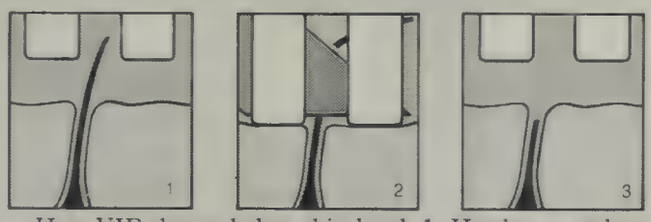
As the diagram shows, our otary blade can actually have *below* skin level! And hat's how it sets the tandard of closeness.



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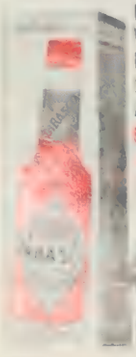
¼ cup grated Parmesan cheese
½ teaspoon oregano



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a mist atomizer. Its nutrient diet consists of a monthly feeding with fish emulsion. Before presenting it to Mr. Purcell a year ago, a friend had cared for the plant for two years. Mr. Purcell transplanted his gift into a large clay pot filled with a commercial potting mix.

Rosary vine (*Ceropegia woodii*). It's a succulent—and the pairs of heart-shaped leaves look succulent. But the stems look, feel, and act like thick, black, straight horsehairs. The one in the photograph is seven years old. Its owner started it from cuttings—or, we should say, started it from strands. The hair stems rooted, were potted, and then began to grow. Growth was fast when the plant was in a light corner. In a dark corner, growth came slowly.

When growth was very good, strands branched. Growing over the pot rim, there are 22 strands. Near the bottom of the column, there are 35.

Water heavily at infrequent intervals (once a week in summer, twice a month in winter). Mrs. Mezey fertilizes her plants with fish emulsion about six times a year. Her plant is still in its original pot. Once you've moved the tangly thing just from one place to another, the thought of repotting it sends your mind hastily on to something else.

Schefflera (*Brassaia actinophylla*). Ten months ago this plant came to its spot by an east-facing window. The morning light is filtered through louvered shutters. In those ten months, the plant has put out many new leaves to double its size. It gets water every four days and is fed with a complete soluble fertilizer once a month. The big, dark, glossy leaves get washed with a damp sponge whenever dust gets noticeable on them.

Sentry palm (*Howeia belmoreana*). Purchased from a nursery as a little 3-footer in 1963, it grew to a top-heavy and root-bound condition by 1968. It was repotted. In 1970 it was repotted again. The fertilizing and watering are the same as for the schefflera (above), with which this sentry palm shares a living room and window. Occasionally, the sentry palm gets moved to a less sunny position and continues to thrive.

The bane of keeping a sentry palm, Edie Johnson points out, is scale insects. How do scale insects get into a living room? Somehow. First symptoms are when leaves become dry and brown spotted. Look close and you'll see little white spots on the leaves and stalks. They are scale insects. The owner refuses to use toxic sprays, so she banishes the scale insects by washing with a sponge and laundry soap solution. She does this outside and places a plastic sheet over the soil during the washing.

Sickle-thorn asparagus (*A. falcatus*). It's a nice looking plant, but try not to reach into it—it has curved thorns that to get you. This plant has grow brass pot (no drainage) for three As mentioned below for 'Spr ornamental asparagus plants ca many figurative kicks in the sh cluding no place for the water to

Feeding and exposure are the s for 'Sprengeri,' which is also Carrell's dining room of famous

Spider plant (*Chlorophytum con*
This plant is shown in the big graph on page 99 and again page. It was started as a single division in a tiny pot five years it grew, its owner moved it into pots. It lives now in a north-facin porch. The leaves go limp if th needs water—best plan is to every three days. Feed every six

Spider plant *grows miniature plants along its down-hanging stems. Detach to make new starts*

with fish emulsion.

'Sprengeri' asparagus. This is th plant that grows out through the the white wicker bird cage. Mrs. keeps the caged asparagus as th point among some 30 other plant dining room (south exposure direct sunlight).

The plant has grown for four ye big Chinese pot with no drainag (same is true of her sickle-thorn gus described above). It gets once or twice a week; the lack of age doesn't seem to hurt it. As plants are unusually resistant to s also probably to many of the ot normalities brought about by ke plant in a drainless container. T ting mix was a regular packaged

The plant gets fed with a co soluble fertilizer once a month.

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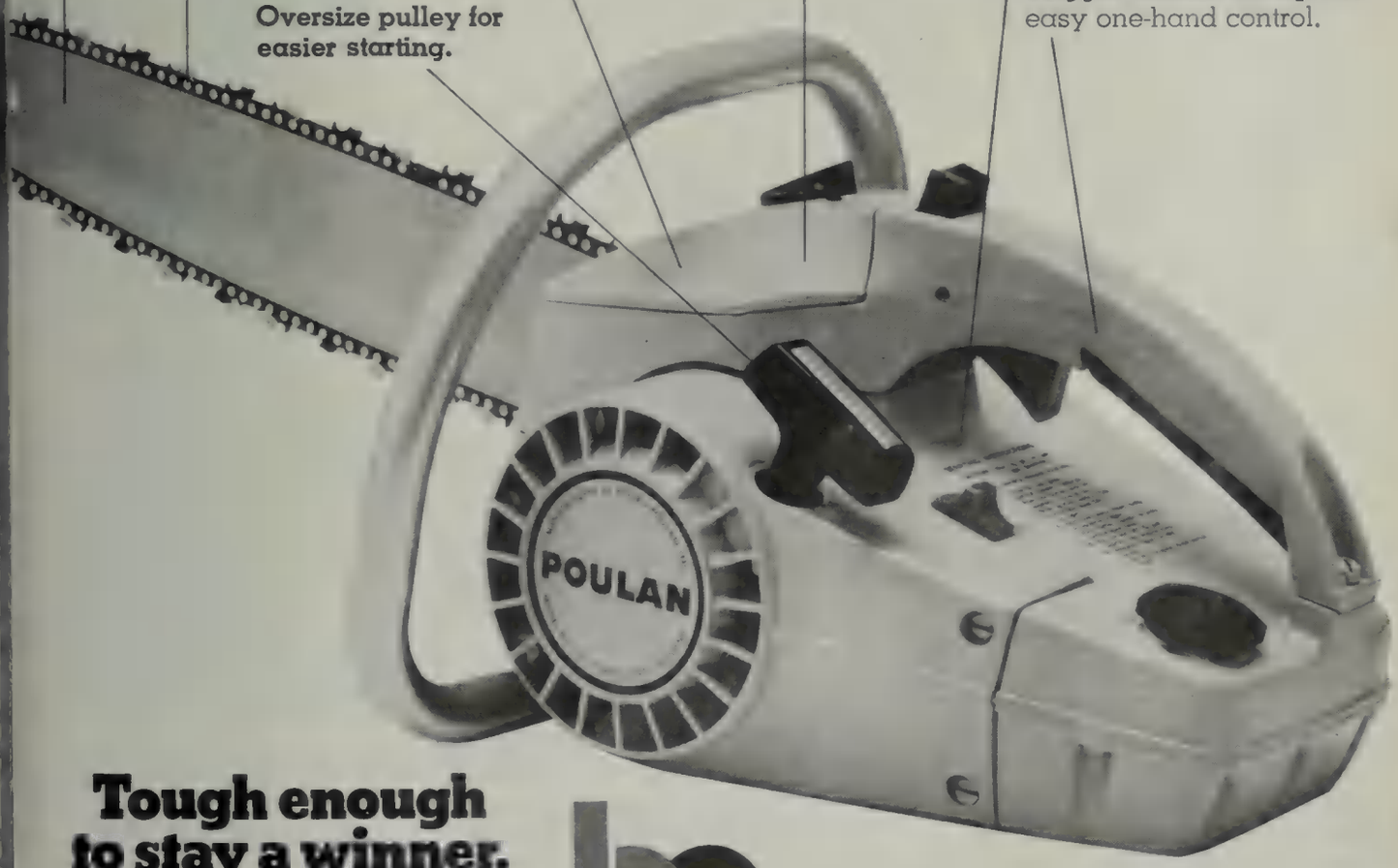

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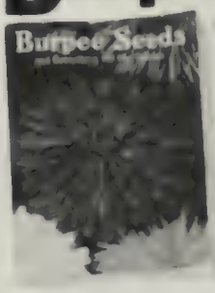

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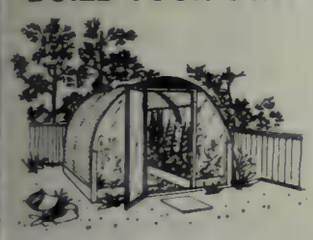

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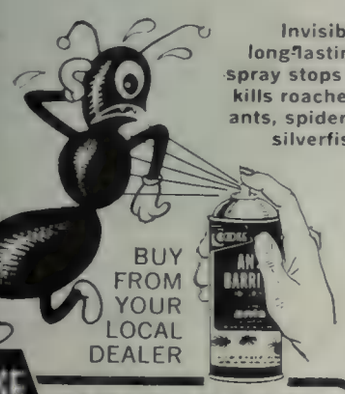

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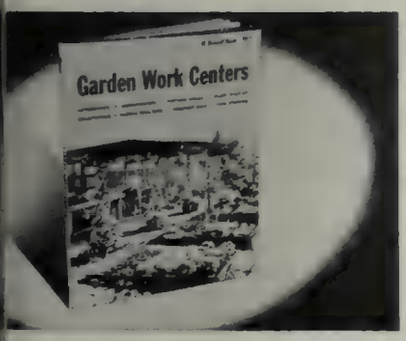

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Matilija poppy— *tough, but spect blooming native— over d overlooking pla*

Community action: They planted chaparral at Chaparral School

Here's another case where concerned parents stepped in to help plant a new school that had no funds left for landscaping. But it differs from others in the choice of plants—almost all are California natives.

What could be more sensible for a school named Chaparral in Claremont, a great area for native plants?

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Three women with landscaping ence drew the planting plan. clubs and the school's parent-i group donated funds for the plant unteers from the community did n the planting.

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1 · *Add coarse soil conditioner (peat moss, bark, or the like); spade it into the soil*

2 · *Dig a hole for bulbs. Add bonemeal or superphosphate, loosen soil at bottom of hole, mix well*

DARROW M. WATT

3 · *Scatter bulbs with a casual toss, then bed them firmly in place, right side up*

Low ground covers do great things for bulb growers

Low ground covers can do favors for bulb growers in lots of ways.

Planting ground covers over bulbs can serve to mark the bulbs' locations. That allows you to cultivate or hoe the planting bed without endangering bulb sprouts about to emerge: you can control the winter and early spring weed population without having to wait for bulb leaves and flowers to show. You can do subsequent planting without slicing into bulbs already in the ground and walk through beds without treading on tender sprouts.

As the ground cover patches spread, they will help keep down weeds, maintain an even soil temperature, prevent erosion on slopes, and decorate the area with their own foliage and flowers when the bulbs are out of bloom.

The idea works for all bulbs that are naturalized—planted and left to grow and multiply through the years. And it's beneficial to smaller bulbs because the ground cover can keep rain from splashing mud on the flowers.

Among bulb and ground cover combinations we've seen are *Scilla sibirica* with a cover of green carpet (*Herniaria glabra*); yellow Dutch crocus and blue freesias under creeping thyme (*Thymus serpyllum*); *Iris reticulata* under *Potentilla verna*; *Narcissus triandrus albus* under Irish moss (*Sagina subulata*); and 'Lady-killer' crocus and hoop petticoat daffodil (*Narcissus bulbocodium*) under *Veronica repens*.

Of these covers, *Veronica repens* furnishes the fastest cover, though it suffers occasional dieback. All perform well, with creeping thyme being outstanding for drought and heat resistance and long summer bloom. □

4 · *Restore soil to planting hole and set ground cover plants. Score root ball with trowel if rootbound*

Two *hoop petticoat daffodils on 3-inch stems bloom through ground cover of Veronica repens*

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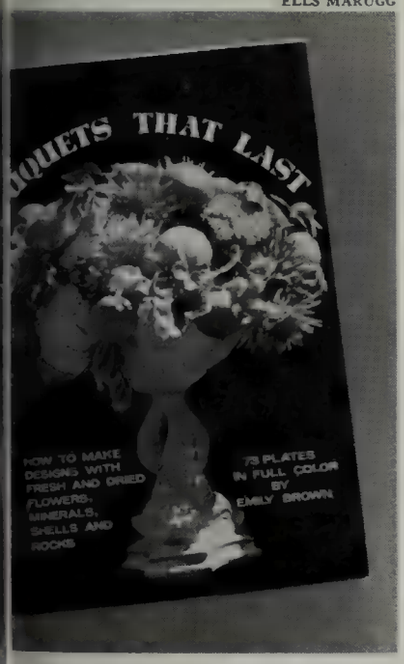
rtistry mixed th practicality

at the title should convince you s is something new in flower- g books. *Bouquets That Last*, y Brown (Hearthside Press, New 970; $10), takes a fresh tack by bouquet a bouquet, not an ar- nt. And the last two words of come out strongly for utility and ty as well as appearance.

own's book admirably lives up tle. There are chapters on pro- the life of flowers and foliage, erving boughs and branches, on of foliage, on forcing dormant s into flower, and on condition- hardening flowers for long life in ner. There are also lists of dried s to buy or prepare for perma- uquets, together with advice on g arrangements.

e section of the book is the plant s. Brown admits that the list is by her personal prejudices, but s few dislikes and a vast number siasms. The list is especially val- that it contains a host of plants own to Western gardeners but amed of by people whose infor- is limited to the climatically East Coast. If it grows here, Mrs. will tell you when and how to cut it for decoration. □

ELLS MARUGG



illustrated on cover is one of ng bouquets shown in full color

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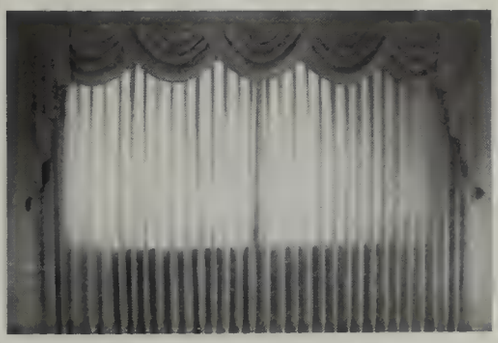
Complement the charm of any kitchen with the colors and textures of 10, 15 or 24 selected spices. Lucite containers protect and display. Freestanding, natural wood racks fit any decor. Shipped without spices but with 64 preprinted labels for personalized use. Specify: 24 spices, $25; 15 spices, $20; 10 spices, $16. Add $1.00 postage & handling. California residents add 5% sales tax. Money back guarantee. San Francisco Things, 821 Market, Suite 541, S.F. 94103.

Biodegradable Cleaner — 3½¢ a Pint

That's what it costs to mix 1 oz. of concentrated Gre-Sof in a pint of water. You get a powerful, 100% biodegradable cleaning solution for general use and for cleaning vinyl, ceramic tile or terrazzo floors. Mix double strength to cut thru wax, grease and dead paint before refinishing walls, doors and woodwork. A 24-oz. box costs 85¢ (plus 5% Calif. s. t.). Order from Crescent Chemical Co., 2986 E. Century, Lynwood, CA 90262. No COD's please. Also at most paint and hardware depts.



New! Custom Swag Kit

Enjoy the luxury of custom swag and cascades over existing draperies without paying the high cost of skilled labor. *Custom Swag Kit* allows you to make a perfect swag with minimum sewing in 3 hours or less. Proven successful by field testing—is actually used in some custom drapery shops. Kit complete (pattern, lock-in headers). Instructions include installation. You supply fabric (6–8 yds.). $4.95 plus 25¢ ppd. *Custom Swag Kit*, Dept. B, P.O. Box 21517, Concord, California 94521.

Mazama Shearling Casuals

We ask for 3 weeks delivery because our premium pelts are hand-selected and sewn with pride for unmatched quality. Natural fleece coat trim for accent styling and figure-flattering look. Sizes 8-18. Beige. $125 ppd. Vest edges and seams have distinctive white wool curling. S/M/L/ExL. Beige. $37.50 ppd. (add 10% for ExL). Guaranteed. Special Paris brand 100% wool stadium blanket (shown) $12. Great gifts. Mail check or money order: Silver Tree Farms, Route 1, Box 212, Lyons, Oregon 97358.

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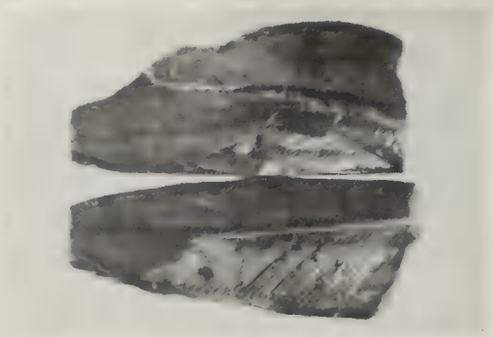
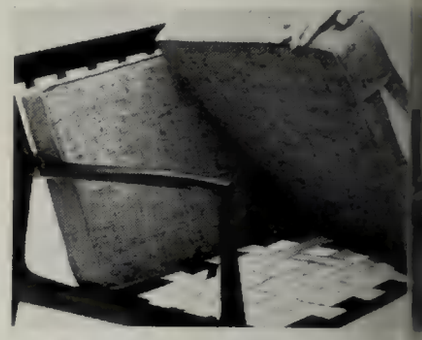


Delicious Smoked Salmon

Rare delicacy from famous Puget Sound fishing waters. Specially selected choice Red Salmon, delicately flavored over rich alder coals—a gourmet's treat you'll never forget. Shipped plastic-sealed in postpaid container. Whole salmon (weight 4 lbs.) $11.00; half salmon $6.25. Add 75¢ for shipments east of Rockies. Special Recipe folder included. Satisfaction guaranteed. Write for free catalogue of Really Different seafood boxes. Hegg & Hegg, 801 Marine Dr., Port Angeles, Wash. 98362.

Suede Leather Boot Slippers $9.95!

Winter's coming, so snuggle up in our stylish dorm boots! Made from finest quality leather, these handsome slippers pamper your feet with warm pile lining and a comfortable soft sole. Perfect for everyday wear when you want to relax. Rich rust brown color, women's even sizes 5-10, medium width. Makes a great gift! Order now. Send check or M.O. for $9.95 to *Rexco*, S-11, 212 Canon Drive, Santa Barbara, Calif. 93105. (Calif. residents add 50¢ tax.) *Money Back Guarantee!*

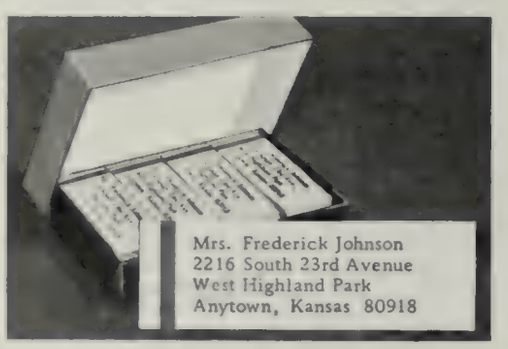


Renew Your Danish Chair or S

To original comfort and good looks! sagging or broken rubber straps. 3 metal clip end, metal peg end, loop en with wood dowels, $1.35 ea. ppd. Speci slot-to-slot distance on frame. Also webbing to nail, 50¢ ft. ppd. Dano for all natural woods, 8 oz. $3 ppd. add tax. We custom make covers, u latex foam. Send 25¢ in coin for fab ples, catalog. E. J. Evans, D.Y. 630 W ern, Los Angeles, Ca. 90004 (213) 467

Miracle, Plastic-like Finish

Devoe adds the new supercoating Mirrothane® Polyurethane Varnish to its line of fine finishes. A crystal-clear, long-lasting gloss or satin it resists acid, water stains, alcohol, abrasion, and chipping. Used indoors, Mirrothane Polyurethane Varnish protects floors, kitchen cabinets & cocktail tables. It also protects garden furniture, play equipment, & tools. Sug. retail $2.85 Qt., $9.75 Gal. See your Devoe Paint dealer, or write: Devoe Paint, Celanese Coatings Co., Louisville, KY 40202. No COD's.



1000 Return Address Labels—$1

Quick and easy way to put your name and return address on letters, checks, etc. Any name, address and Zip code up to 4 lines, beautifully printed in black on white gummed labels, 2 inches long. Set of 1000 labels, $1 postpaid. Free handy box for purse or desk. Don't know your Zip code? We'll look it up for you. Money back if not pleased. Send order to Walter Drake, 307-A Drake Building, Colorado Springs, Colorado 80940. Send for free catalog full of exciting new mail order finds.

Get Your Goat . . .

and your "Oscar," too. Reproduced original antique cast iron "Goat Ban cial sandcasting has copied every de lbs. cast iron. 9" head to tail, 7½" w horn. Hundreds of uses from door hearth. Attracts the eye and the coin. cast finish. (You may decorate to s the person with everything but an $10.50 ppd. in 50 states. Calif. res. tax. DMC, Inc., P.O. Box 7706, Fre 93727. Check or M.O.—No C.O.D.'s

Authentic Birds, Decoys

Life size. Hand painted in Europe. These finely detailed models of actual European Marsh and Shore Birds and realistic miniature Duck Decoys are ideal for home, den or office of every sportsman or collector. The unusual Gift. From right: Golden $2.25, Snipe $4.75. From top left: Woodcock, Mallard & Pintail $3.95 per pair (Drake & Hen), or all three pairs $12.95. Postage Prepaid. Order Now for Christmas. D-Koys, Int., 2107 Ebbetts, San Jose, Calif. 95124.

Indian Christmas Cards

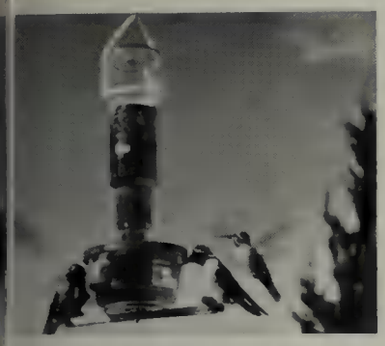
Original ink sketches from the collection of the Pacific Northwest Indian Center. All cards measure 8 inches by 5½ inches and are folded on the left side. High quality card stock with matching white envelopes included. Appropriate holiday greetings are printed on the inside panel of each card. 80 assorted cards. Send check or money order for $4.50 ppd. (Wash. residents add 18¢ sales tax) to: *Pacific Northwest Indian Center*, North 128 Stevens, Spokane, Washington 99201.

New Terrarium Kits by Chris

Terrariums are the easiest and most way to grow and display plants. A t complements any decorating style a endless hours of fascination and study into your home. Ideal as gift ages. Kits include: terrasphere, booklet, special potting soil, filter charcoal. (Plants not included.) 8" $8; 10" diameter, $10; 12" diame ppd. Send to *The Patio*, P.O. B Yuma, Arizona 85364.

Advertisements of new and useful products for better Western Living

THE *Sunset* SHOPPING CENTER



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al "Hummy-Bird Bars"® for Holi- nd you "give" Hummingbirds too! se rainbow rascals all season. Watch nd-sip in family buffet style (actual rust or drip, easy to clean. Guar- structions. $2.95 plus 50¢ ea. han- 15¢ tax in California. Sorry, no ummingbird Heaven, 10726-S Sa- ue, Tujunga, CA 91042. Our 17th kers of "Fun-Bars" for fun-loving *ade in U.S.A.*

Remove Water Stains

Get rid of unsightly, stubborn hard water stains quickly, easily, thoroughly. Works wonders on windows, shower doors, mirrors, tile, chrome, porcelain, glass flower bowls, auto finishes. Contains no harsh acids or skin irritants. Consumer tested 9 years. Money back guarantee. 10 oz. package $1.79 postpaid plus 9¢ tax in California. If not at your hardware store, send check or money order to: Bruce Sales Company, 1823 West Harvard, Fresno, California 93705.

Bicycle Totebag

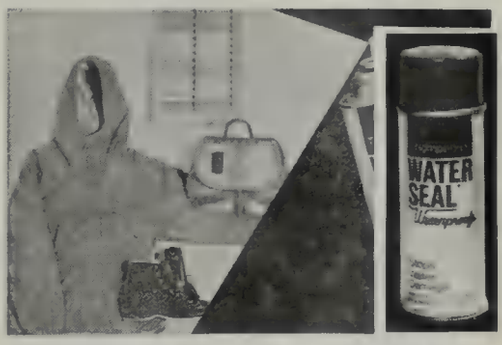
A new bike accessory that fits within the frame for better balance. Detaches easily for hand carrying. Straps are adjustable for universal fit. Has map pocket and inside compartment for balanced load. Water repellent and washable. All seams are double stitched for lasting strength. Available in gold, red, or blue. $10.00 each. Washington residents add 5% sales tax. Mail check or money order to Howard's Specialties, Box 175, Edmonds, Washington 98020.

zed Xmas Labels & Card File

lity gummed labels with Xmas tree s Greetings" printed in green. Your ldress (limit 3 lines) in Xmas Red. $1.50: *Xmas Card File* in plastic ith 75 green & white 3x5 file cards. years records for ea. name. Start ear out right by keeping Xmas list $3.25. *Special Offer*—Both Xmas Xmas File value $4.75—For only .30 Tax 5%. *Handy Labels*, 1123A Bldg., Culver City, Ca. 90230.

Color as You Waterproof & Rustproof

Thompson's Pigmented Waterproofing Compound *Thixotropic* provides color and protects wood, metal, concrete, masonry, stucco from water damage. Many colors to brush, wipe, roll or spray on. Waterproofs and colors concrete and wood. Ideal rustproofer. For Stain, mix 50-50 with TWS. Salt, alkali, acid resistant. *Send for Color Folder*. Qt. $4.15; Gal. $13.15; 5 Gals. $58.75 ppd. tax incl. No C.O.D.'s. At dealers or write direct. E. A. Thompson Co., Inc., 1333 Gough St., San Francisco, CA 94109.



No More Wet Shoes or Clothing

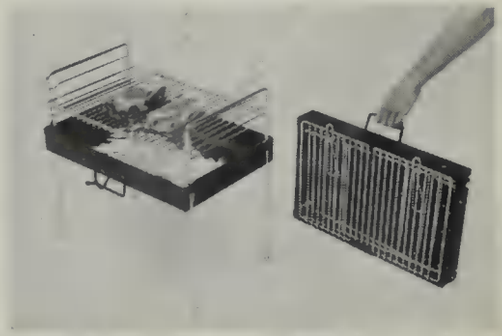
Colorless Thompson's Water Seal protects, preserves, waterproofs and keeps leather boots, children's play shoes or adults' dress shoes dry all winter. Shine the next day. Waterproofs topcoats, jackets, outdoor clothing, canvas and awnings. Won't harden or crack leather or fabrics. At paint, hardware, sporting goods stores or write direct. Aerosol spray $1.89; Qt. $1.95; Gal. $5.95; 5 Gals. $28.25 ppd. tax incl. No C.O.D.'s please. E. A. Thompson Co., Inc., 1333 Gough St., San Francisco, CA 94109.

Beautiful Sandal

smartly in this luxurious multi- veled sandal. "Dawn" features soft insoles, one-inch heel and adjustable that all combine for a perfect fit. year-round wear. Sizes 4 thru 12. nedium or wide widths. Available white. Send $10.95 plus 75¢ post- 10½ to 12 add $1. Immediate de- mpt refund if not delighted. Free Sofwear Shoes, S.M.-11, 1711 Main, Texas 77002.

Address Labels with Nice Designs

Any Initial, American Flag, Pine, Rose, Maple, Gull, Palette, Saguaro, Palm. (Also available are Texas Flag, Roadrunner, and Treble Clef.) Up to 20 letters per line, 4 lines. Printed in black on White or Gold gummed labels 1½ x ½". Packed in plastic box. 500 on white or 250 on gold for $2 postpaid. Or on Deluxe size, 1¾" long, $3 with design, or $2 without. Specify Initial or Design desired. Air mail, add 33¢. Useful gifts catalog, 25¢. Bolind, 411 Bolind Bldg., Boulder, Colo. 80302. Thank you kindly!



Port-A-Q Folding Attache Bar-B-Q

America's answer to the Hibachi! With more cooking space! Made of 15 lbs. heavy duty 16 ga. steel. Not tin or cast iron. "Triple" chrome plated grill. Folds into shape & size of an easy to carry & store attache case with handle. Ideal for: fireplaces, campers, trailers, apartments, picnics, etc. Money back guarantee. Only $15.95 + 95¢ post. Calif. res. add 5% sales tax. Send check or M.O. to Leisure Enterprises, 6571 5th Ave., Los Angeles, Calif. 90043—213/753-2632.

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Pull-Up Folding Table

Handsome table places tray within "close-in" reach with any chair for comfortable eating, writing or typing. Check the legs! They slide under your chair. No need to bend forward or sit on edge of your chair. Walnut finish top resists heat & stains. Cleans with damp cloth. Tubular steel legs in black satin finish; baked enamel top. Folds flat for easy storage. Table: 24" high; Top: 15" by 24". $19.95 plus $1.95 postage. Send check or M.O. to: *Village Furniture*, P.O. Box 583, Vashon, Wash. 98070.

Early American Lighter

Guaranteed to light everytime — unless you break the match! ! Hand crafted of the finest natural materials assuring you a lifetime of service. Authentic Early American stone sits in a top-grain leather saddle and match cup, upon a handsome solid oak base. Hand-rubbed, exclusive El Cid Antique finish. Unequalled in design & dependability (money-back guarantee) $7.95, add 45¢ pp. (In Calif. 5% sls tax.) *Worldwide Products Unlimited*, 1170 Kenilworth, Glendale, Ca. 91292. Made in U.S.A.

Festive English Holly—$5.4

For the Holidays—beautiful Beaverc perior Holly—Oregon's finest! Fully boxes of choice sprays with bright re freshly cut, treated. Gift card include holly: *Gaiety* #1 $5.45; *Greetings* # *Welcome* (16" wreath) $11.25. Va *Vega* #1 $5.95. Prepaid Special Delive December 15 via fastest service f *Guaranteed satisfaction! Please order* dependable personalized service. Bea Farms, Box 2A, Beavercreek, Oregon

Original Handwoven Placemats

Imported directly from the Philippines. The most beautiful collection of brilliantly multicolored handwoven fiber placemats ever. Dozens of original designs and colors to choose from, 12" x 18". Perfect gifts for family and special friends. Available in sets of four and six with color-coordinated napkins and coasters. Prices start at only $4.95 per set. Send for our complete illustrated catalog. Enclose 25¢ to cover postage. *Pacific Treasure Chest, Ltd.*, P.O. Box 25182, Portland, Oregon 97225

1000 Name & Address Labels $1

Finest quality gummed labels. 1000 Handy Labels $1. Gold Gummed Labels Deluxe size 2x¾—250 labels with 125 *Self Adhesive* Initials set $3.00. *Quik-Stik* self adhesive labels. Sticks on any surface: glass, metal, plastic—500 labels $2.00. Deluxe size 2x¾—300 for $2.50. Homespun Labels colored borders—300 for $2.00. Include 10¢ postage plus 5% tax per order. Write for money-raising plan for clubs. *Free Gift Catalog*. Handy Labels, 1123 Jasperson Bldg., Culver City, California 90230.

Get Your Goat . . .

and your "Oscar," too. Reproduced original antique cast iron "Goat Ban cial sandcasting has copied every de lbs. cast iron. 9" head to tail, 7½" wh horn. Hundreds of uses from door hearth. Attracts the eye and the coin. cast finish. (You may decorate to su the person with everything but an $10.50 ppd. in 50 states. Calif. res. tax. DMC, Inc., P.O. Box 7706, Fre 93727. Check or M.O.—No C.O.D.'s

Kraus Originals

Simply sandal-ous! Slip into these glove elk sandals, like wearing gloves on your feet! Unsurpassed craftsmanship . . . the happiest, snappiest sandal ever! Fabulous for city, home . . . dancing or prancing. Black, white, bone, lime, orange, olive, light or hot pink, yellow, coffee, navy, light blue, red. Even sizes, 5 thru 10, M middle, $10 ppd. Gold or silver, $11 (most odd sizes [illegible], add $1). In Washington add 1% tax. Send check or M.O.: Chester Bond Shoes, 2716 Colby, Everett, Wn. 98201.

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No more twisted phone cord. No more tangles. Fits instantly to the bottom of your phone. Reel off only the amount you want to use. Holds the twenty-five foot cord. Very smart looking. Makes a lasting gift. Guaranteed for five years unconditionally. Comes in shiny black (add 50¢ for color). This is a charter offer. Send $3.98 Postpaid to the *Cord Caddy Company*, Dept. G2, Box 441, Redondo Beach, California 90277. Patent Pending. 213-3791047. Made in U.S.A. Delivery three weeks.

New Concept in Watche

Here is an impressive gift for thos people on your shopping list: an watch with numbers instead of hand istic, accurate digital watches pe Christmas giving at these low, lo Swiss jeweled movement in a sleek gold tone case. Guaranteed for tw Men's, black band: $20. Ladies' (or wrist), white band: $25 or both for $ check or money order to Pre-Mat- P.O. Box 25252, Portland, Oregon 97

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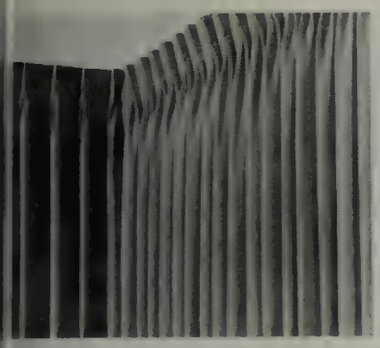

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ity gummed labels with Xmas tree Greetings" printed in green. Your dress (limit 3 lines) in Xmas Red. $1.50: *Xmas Card File* in plastic th 75 green & white 3x5 file cards. years records for ea. name. Start ear out right by keeping Xmas list $3.25. *Special Offer*—Both Xmas Xmas File value $4.75—For only .30 Tax 5%. *Handy Labels*, 1123A Bldg., Culver City, Ca. 90230.

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DON NORMARK

Two *monkey puzzle trees, planted about 50 years ago, look almost prehistoric now*

Oddity . . . the monkey puzzle

Most people who grow this tree do so just for the fun of it. It won't give shade, wind protection, or flowers or fruit, but its almost prehistoric appearance is striking no matter where you plant it.

Monkey puzzle tree (*Araucaria araucana*) was once a popular oddity in lawns and parks from San Diego to Vancouver, B.C. Although it is less common these days, its ropelike branches thickly covered with sharp, overlapping leaves still astonish. "Not even a monkey could climb it," is what the first person to see it supposedly said, thereby giving the tree its common name.

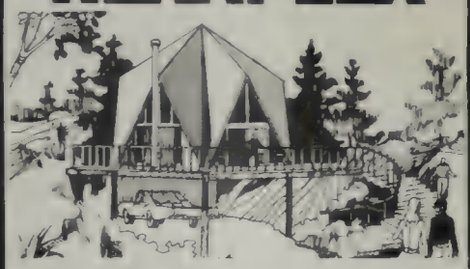
A native of Chile, monkey puzzle tree is hardy west of the Sierras, given adequate drainage and lots of moisture. Slow growing when young, it makes a good container plant for several years. In the ground it eventually reaches a height of 70 to 90 feet. It is out of place in a confined area; it needs room to spread. □

ELLS MARUGG

Even young tree *displays sharp armor-plated leaves and upright form typical of mature tree*

SHOPPING CENTER

HEXAPLEX



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Blends with nature. Completed on your foundation with pre-manufactured components for fast assembly. The HEXAPLEX can be a finish-it-yourself recreational house or an extensive primary home. From 815 sq. ft. to over 3,000 sq. ft.

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2-YEAR GUARANTEE!

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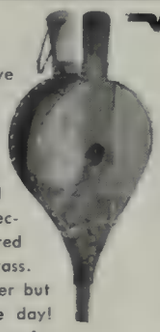

very proud of the bellows we make entirely by hand! Carefully chosen northern maple is given a walnut finish and hand-rubbed. We hand-dye the full-thickness leather and assemble each bellows with decorative brass-plated hammered tacks. The nozzle is solid brass. We make only a limited number but of fine quality! Shipped same day! Our 20½" long bellows is yours for $21.95, postpaid.

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For Men and Women

Sueded cotton. Looks and feels like high grade chamois leather. Machine washable and is more durable than wool. Mr. Bean personally used this shirt on his hunting and fishing trips. Colors: Tan, Bright Red, Forest Green. Ladies' sizes 10 to 20. Price, $8.25 postpaid. Men's sizes: 14½ to 19. Price, $8.35 postpaid.

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Size_____ Color_____

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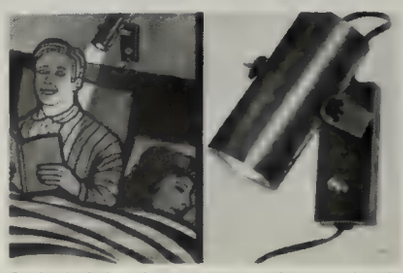

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2 feet of wool.

Walk on a cloud in virgin lamb's wool slippers from New Zealand. Hand-stitched, suede-soled, wool-lined. For ladies, a fluffy shag in pink, white, blue, sizes 5-9. For men, a sheared look in grey, brown, oatmeal, sizes 8-12. The perfect gift. $12 pair, tax included. Check or money order. Delivery in 3 weeks. Money back if not delighted.

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Golf Ball Green's Marker

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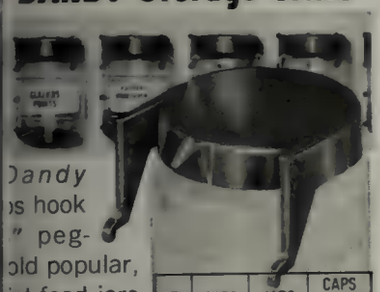

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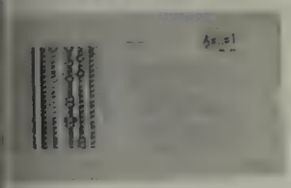

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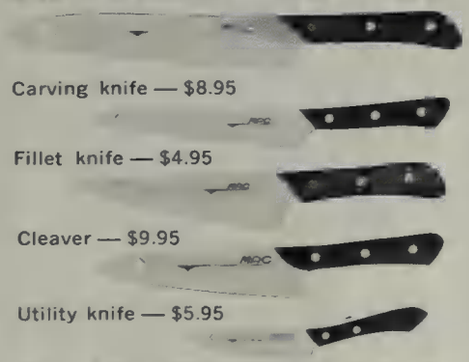

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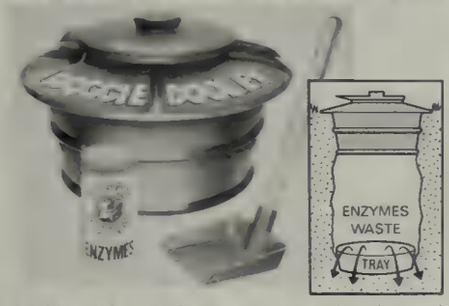

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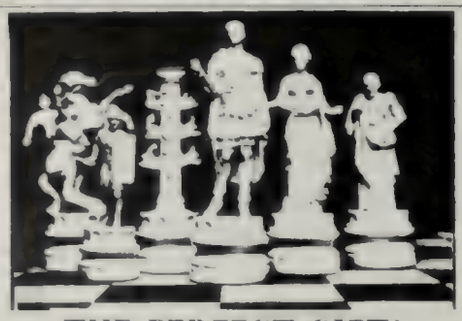

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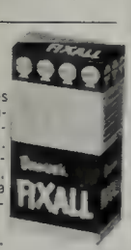

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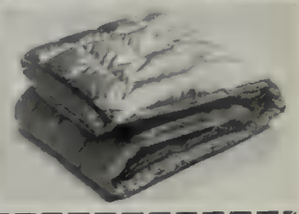

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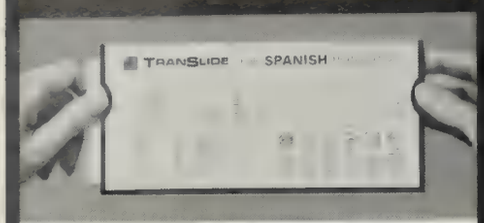

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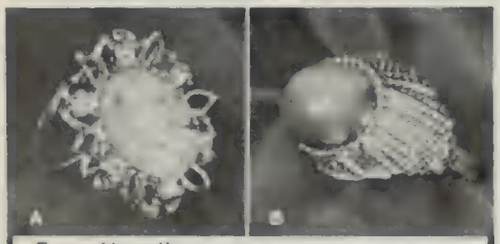

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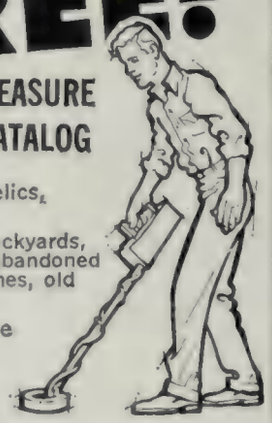

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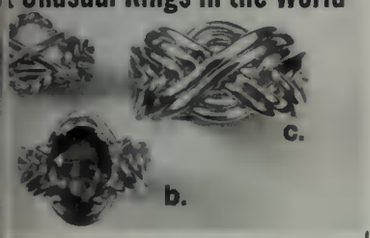

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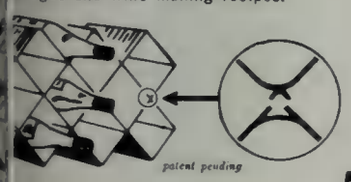

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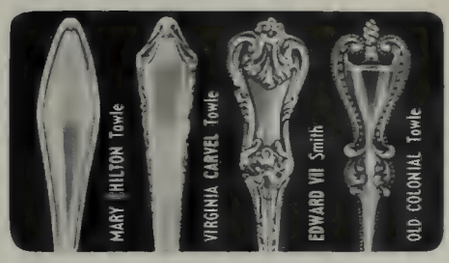

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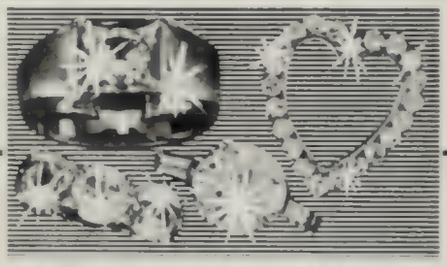

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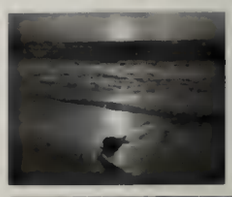

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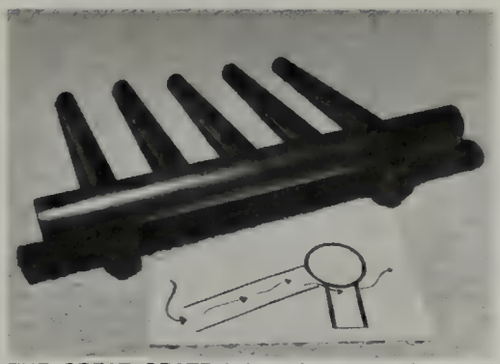

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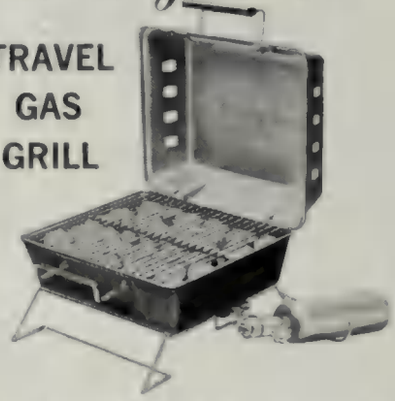

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LETTER FROM *Sunset*

We're remodeling our headquarters

Twenty-one years ago *Sunset* moved its headquarters from a cit building in San Francisco to its own ranch-style offices in Menl Since then our buildings and gardens have always been open to during working hours. And nearly a million people have paid us If you're planning a visit to *Sunset* between now and May, w apologize. We're building and remodeling. And if you've eve any remodeling around your house, you know what kind of thi go on. So around both of our buildings you'll see temporary paths, and partitions, and a few "no entry" areas.

We're doing the work for several reasons. We need more workin because the number of our employees has grown. And we've add new departments. Our new Special Services department (which p films and special-interest magazines) is growing fast and is part in need of space.

And we're completely rebuilding our entertaining facilities—w host business guests, conduct marketing seminars, hold advertise meetings, and do some editorial testing. Additions at this end of our buildings will include a dining area, patios, wine cellar, a visual projection facility.

Our plans also include a new experimental test garden for our to try out plants, growing methods, and landscape ideas.

One area not on the visitors' tour is also under remodel. We are ing our warehouse facilities to store more *Sunset* books.

We aim to have the work completed and construction fences next May, when we'll celebrate *Sunset's* 75th anniversary (first is May 1898). You're cordially invited to see the results. Our build at the corner of Willow and Middlefield roads in Menlo Park, south of San Francisco. They're open for visitors from 9 A.M. t Monday through Friday except holidays.

WINDOW ON THE WEST: *Wine cellar*

As we put this *Sunset* issue to press, one end of our original Menlo Park building looked like this. Builders had just removed the entire kitchen and barbecue patio. We're replacing it with new facilities that will be much better for meetings, luncheons, and editorial test work important to publishing *Sunset* magazine and books. Here you see the foundations for a new cellar to store some of the California wines we'll be serving our guests from time to time. □

December 1972 50 cents

Sunset

The Magazine of Western Living

NOV 30 1972

Picture Cookies Easy to Make

Gifts · Decorations · Shopping · Merry Christmas!

The 1973 Ford Country Squire. Now there are more reasons than ever to make it your next wagon.

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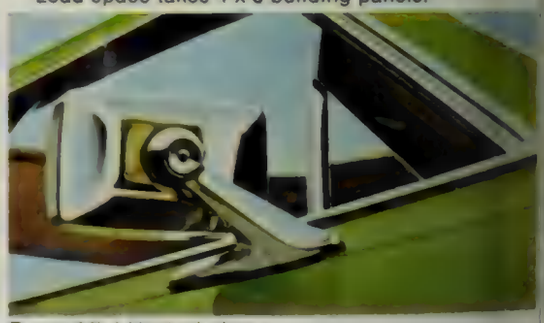

Power Mini-Vent windows.

One reason more people buy Ford wagons is our wide variety of features. Like the 3-Way Doorgate that opens out for people and down for cargo, and Ford's dual facing rear seats. Now we've added windshield washer jets mounted on the wiper arms. A spare tire extractor. Optional Power Mini-Vent windows. Ford wagons include the full-size Country Squire (above), mid-size Torinos and little Pintos. All with energy-absorbing bumpers and optional steel-belted radial ply tires tested to give the average driver 40,000 miles of tread life with normal driving. At your Ford Dealer.

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When it comes to wagons, nobody swings like Ford.

FORD WAGONS

FORD DIVISION

Sunset* The Magazine of Western Living*
THE PACIFIC MONTHLY*

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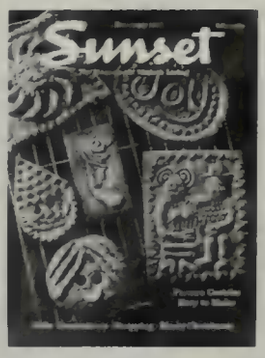

Cookies with pressed-in designs from your hand-made molds give Christmas baking a personal touch. Story on molds is on page 62; recipe for cookies, page 146. Photograph by Glenn Christiansen

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cember travel . . . in and beyond the West

:an holidays at San Juan Bautista

tory of Mexico's brown-skinned of Guadalupe goes back 400 A humble villager miraculously ›nts the Virgin, struggles to con- the world of her authenticity, and ıelps lead his people away from ʌztec gods.

he story of the Nativity itself, the 's appearance and the subsequent ·sion of Mexico's Indians are re- ıch holiday season in a traditional Teatro Campesino, a community · group in San Juan Bautista, will m it 11 times in December, in- g one performance before the old n altar at 6 A.M. December 12, rgin's festival day.

lay is in Spanish, but that won't arily interfere with your enjoy- if you're not bilingual. The dra- appearance of the Virgin's image .n Diego's *tilma*, or cloak, and the alization of the roses in the rocky eate an effective visual spectacle.

performances take place Decem- o 3, 8 to 11, and 15 to 17. Curtain ; 8 P.M. at La Calavera Theater, ·shington St., a block south of the n. Admission is $1.50.

·ear San Juan Bautista's celebra- the festival of the Virgin will take Sunday, December 10. Traditional ın festivities begin at the mission

BONNIE HUTCHEON

The Virgin of Guadalupe *appears to the humble Indian, Juan Diego. Teatro Campesino recreates scene before altar of Mission San Juan Bautista*

gather in front of ı San Juan Bautista iday festivities

GERALD R. FREDRICK

Virgin made *roses grow as sign of her authenticity. Juan takes them to the bishop as proof, then shows Virgin's image on his cloak*

A fourth-grader *and a fifth-grader on tour of our building volunteer to test rocking animals*

We get some volunteer testers

Since mid-October, a rocking elephant and a rocking giraffe have been on display in the hallway outside our test kitchens. They've been ridden by people of various ages and sizes, including some adults weighing more than 200 pounds. And they proved so popular the editor who built them conducted a noon-hour class in the *Sunset* workshop for staff members who wanted to make their own.

Just as interested were the 39 students of a language arts class at Redeemer Lutheran School in Redwood City, California. On a tour of our building to see how a magazine is put together, a few did some testing of their own (left). Result: They thought the rocking animals were the best part of the tour.

For another look at the elephant and giraffe plus a lion, and instructions on how to build them, turn to page 68. □

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at noon.

Starting December 16, the second most popular event of the holiday season, *Las Posadas*, begins. Every evening until Christmas Eve, a procession of candle-bearing, singing townspeople will leave the mission at 6 P.M. Two actors portray Mary and Joseph going from house to house in search of lodging. Each evening there will be a fiesta at a different house.

To get to San Juan Bautista, go 11 miles south of Gilroy on U.S. Highway 101 and drive east 3 miles on State 156.

Bay coloring book

Our Color-Full Bay is a most unusual coloring book. The subject is the national wildlife refuge that partially encircles the south end of San Francisco Bay. Accurate line drawings depict charming vignettes some of the hundreds of birds, fish, and mammals that can now be preserved within the refuge.

The book was written and drawn by Andrea Hendrick, and her descriptions of the animals and bay ecology are produced in attractive calligraphy by Susanna Wynkoop. The 10-page book, printed in soft-bound magazine format, is available for 75 cents (postage included) from the Peninsula Conservation Foundation, 1175 Emerson St., Palo Alto 94301.

It's a bird . . . No, it's a plane

If you're blasé about air travel but fascinated by airplanes you may already be an experienced plane watcher. No binoculars are necessary, though you may have a few idle minutes at the airport—amply provided at this time of year by holiday delays.

On the next page is a silhouette chart showing most of the major airliners now in service. If you climb to the airport terminal observation deck at San Francisco airport, you'll have little trouble spotting the thunderous comings and goings of these graceful craft. (Viewing is also possible at Oakland and San Jose airports, but you won't see as big a variety of planes.)

Two new jets, the Lockheed L-1011 and the McDonnell Douglas DC-10, have recently been added to airline fleets. You can spot them by their porpoise tails and three wide-mouthed engines. Their bodies are about as rotund as a 747.

Because these two new airliners are almost identical, you'll have to look at their rear sections to tell them apart. The DC-10's "tail" engine sits between the tail and the fuselage, and there's a small fin over the exhaust. The L-1011's tail jet seems to fit right into the fuselage and tail with no fin back of the engine. The most common airliner, the Boeing 707, isn't on our chart. But you'll have little trouble identifying it because

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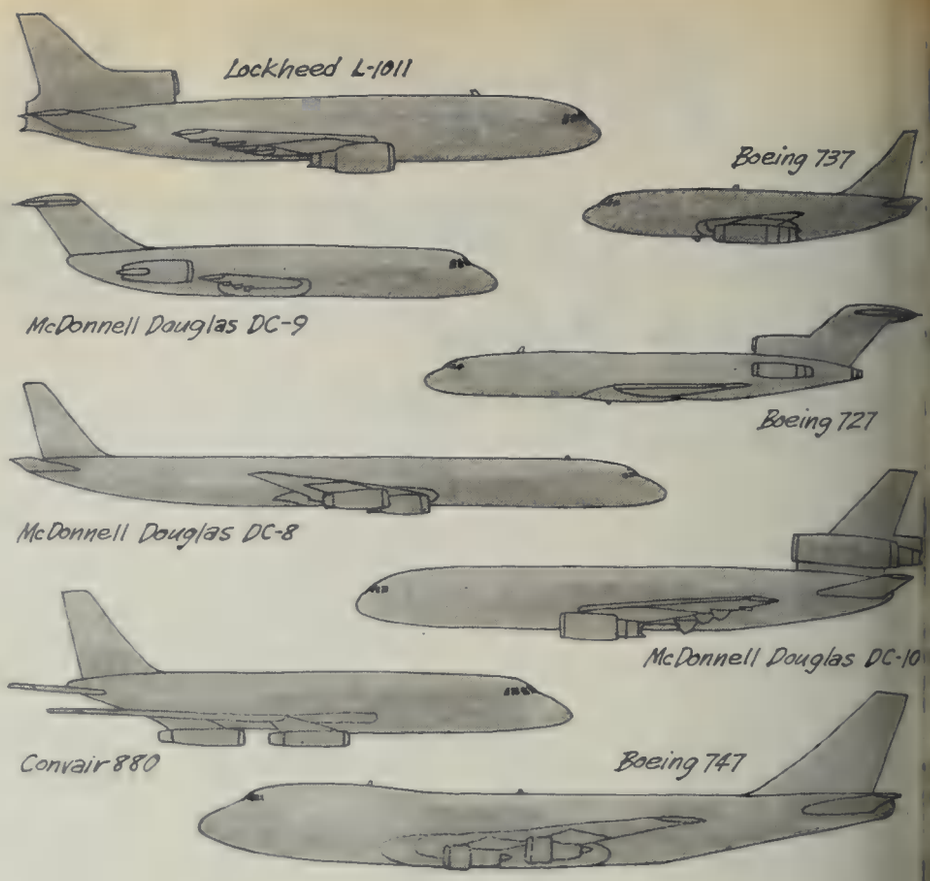

looks much like the DC-8. The difference: the 707's body is fatter and seems lower to the ground. The DC-8 has a narrower tail and its nose is more pointed. It also sports two air scoops on the nose, absent from the 707. The Convair 880 is perhaps the ra airliner shown on our chart. It resem the 707 and DC-8, though it's sh and has a more streamlined nose.

For travel planners, a December check list

Rafting in British Honduras. Eight-day Caribbean raft trips depart Belize, British Honduras, December 31, January 11, 21, and 31. You'll tent-camp on sandy beaches and visit the Turneffe Islands, Lighthouse Reef, and the Blue Hole, 50 miles off the mainland. Fishing is excellent, and skin and scuba divers can explore the coral beds and marine life. Optional excursions to the Mayan ruins of Altun Ha and Tikal are available. The $455 cost includes all meals and equipment for the expedition. Round-trip air fare to Belize is additional. For further information, write Western River Expeditions, Inc., Box 6339, Salt Lake City, Utah 84106.

Colorado skiing. Skiing enthusiasts will find "Guide to Colorado Ski Country USA" of special interest. The 112-page booklet lists each of Colorado's ski areas with details on elevations, operating hours, difficulty of runs, and type of lifts. Also included is information on rates, accommodations, transportation, and ski package plans. The guide is available for a 50-cent mailing charge from Colorado Ski Country USA, 1461 Larimer St., Denver, Colo. 80202.

African tour. Twenty-two day tours to various African destinations have frequent departures from New York during 1973. Itinerary includes Nairobi, Amboseli, Livingstone, and Johannesburg, with visits to the Mount Kenya Safa Club, Ngorongoro Crater, and Victori Falls. The $1,947 cost includes roun trip air fare from New York, all lan travel arrangements, meals, and accon modations. For additional informatio on African tours of 22 to 37-day length write Percival Tours Inc., 5820 Wilshi Blvd., Los Angeles 90036.

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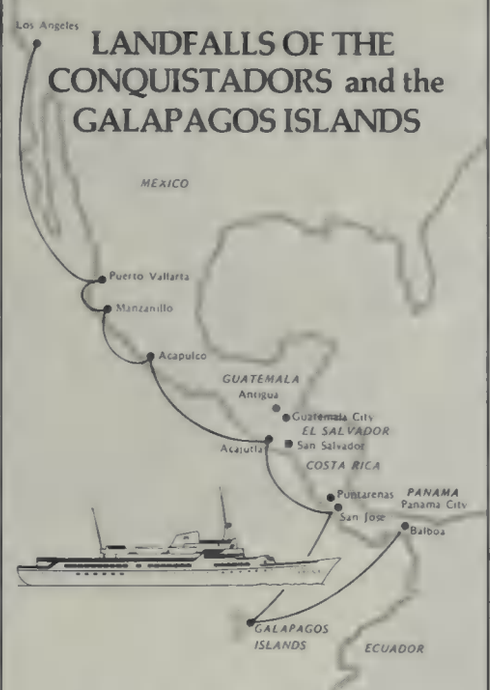

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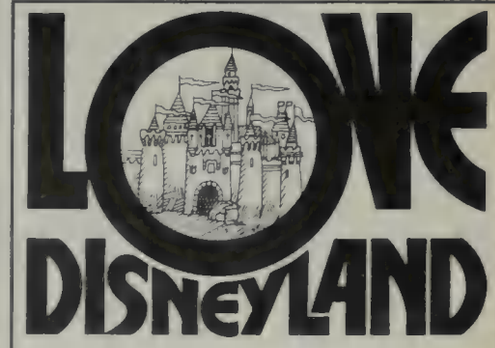

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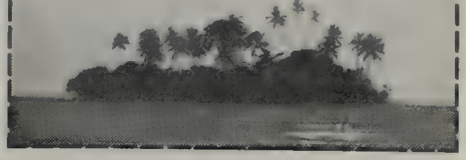

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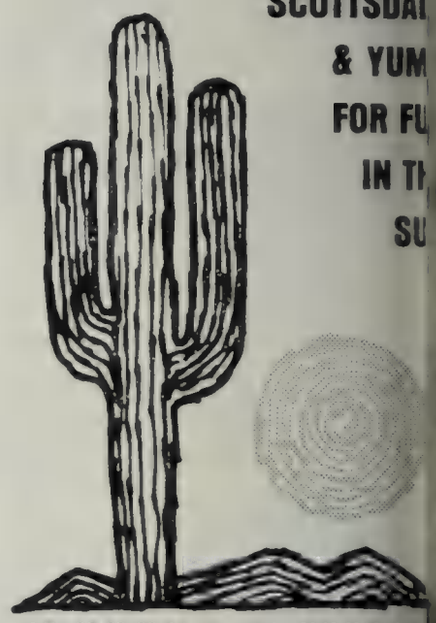

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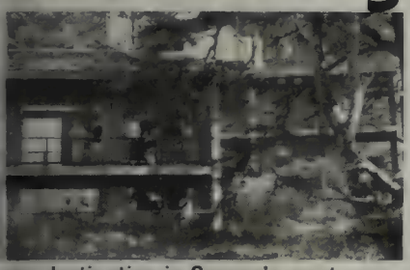

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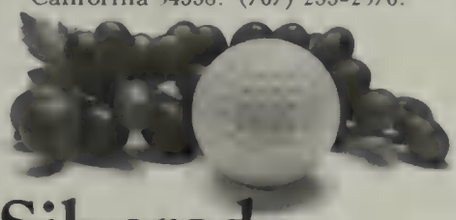

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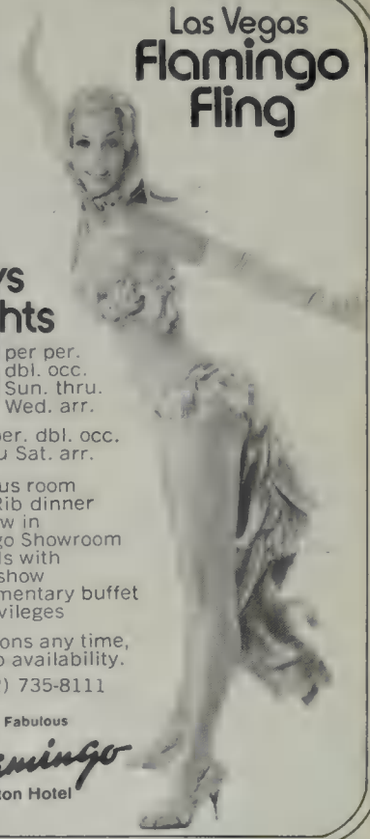

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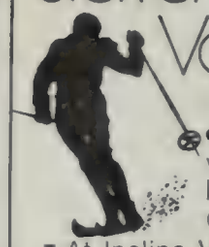

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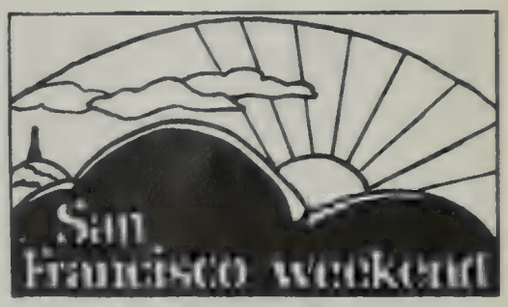

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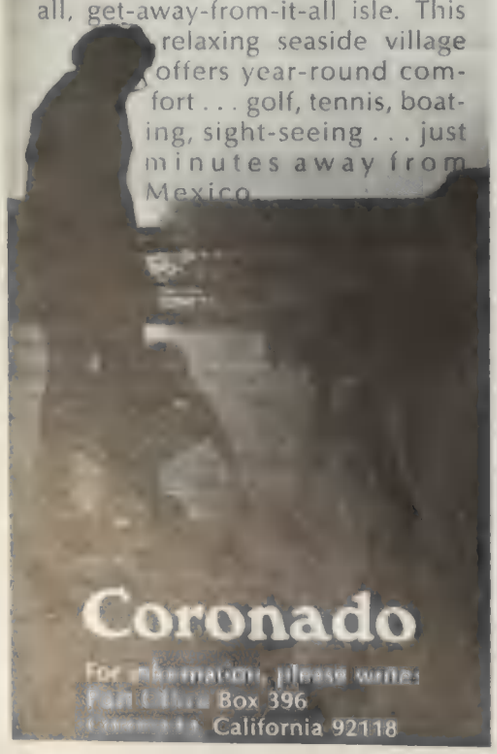

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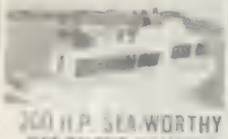

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The neighborhood is filled with antique shops. And on weekends, under bright red and green-striped awnings, the city's antique dealers preside over rows of stalls filled with tempting objects. The shopper can find such items as wooden cigar-molds, choice lithographs and prints, amber beads, retired marionettes from the city's famous Toone Théâtre, copper and pewter kitchenware, porcelain washing sets, and clocks of every shape and vintage.

Any antique more than 100 years old that you buy may be brought back to the United States duty free.

Hours are Saturday from 9 A.M. to 6 P.M. and Sunday from 9 to noon. □

Cast-iron molds *for chocolate pralinés, discarded by Brussels' famous candy factories, are a $2 find*

GARY SHELDON

Lady shoppers *in stone-paved stall in downtown Brussels argue, point. Large object at left is carved chair*

AS THE WHOLE IDEA OF MOTELS GOTTEN OUT OF HAND?

Vhatever happened to the nal idea behind motels? Motels were invented as an native to the bother and nse of a hotel. Someplace le where you could drive t up to your door and have e functional little room ne night without taking out nk loan to do it.

But today many motels are a little simpler and slightly ier than Buckingham Palace. What happened?

Runaway luxury.

That's what happened. Somebody started building a el that was a little fancier the next guy's. And the next got fancier right back to the competition.

Just about the time one motel o thinking they offered most services, somebody else ed they had to top them. Don't be too surprised some soon if room service es with a maitre d' super-g things.

e television explosion.

Or take the case of television. First, no motels had it. a few got it, and it helped business.

But pretty soon most motels t, so it didn't particularly anybody's business. Then t something that *would* business, some motels put in TV sets.

The whole domino theory n.

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In New Zealand the rainbows average 3 pounds and up

Trout fishing in New Zealand has long been justly famous throughout the world. Wide, cold rivers cascade down rugged mountains into large, clear lakes. It's an ideal trout environment with plenty of natural food. Rainbows and browns average 3 to 5 pounds, and lunkers of more than 10 pounds are often caught.

Visiting anglers shouldn't expect, however, to go to the nearest lake or river and limit out from the first casting spot. New Zealand trout grow big because they're wily.

To be successful, you need advance knowledge of where and when to go. You should utilize the services of a local guide for information on the best fishing spots, the most suitable tackle, and the best way to fish each spot.

Guide fees range from $25 to $50 (New Zealand currency) per day for not more than three persons, and usually include boat, gas, fishing tackle, and often auto travel from your hotel to the fishing areas and back.

You must have a valid New Zealand fishing license. A tourist fishing license is available from any government tourist office and costs $4 for men, $3 for women. It allows you to fish anywhere for one month, with the exceptions of Lake Roto-Aira and Green Lake, which are owned by the native Maoris and where a permit is required. Short-term regional licenses are available for about 50 cents a day or $1.50 a week.

Trout limits vary in different areas of New Zealand. Check with local tackle shops or guides before setting out.

Listed below are a selection of better-producing lakes and rivers on both North and South Island that can be reached easily by car and have accommodations nearby. These areas also offer a variety of activities for the casual angle also wants to sample the scenic ar tural attractions of New Zealand.

North Island

Lake Taupo and the river systen feed it are renowned for some best fishing in New Zealand. Rai average 4½ pounds and browns a 6, and the 238 square miles of the surface support numerous fish. Taupo is also close to Auckland Zealand's largest city) and the center of Rotorua.

The towns of Turangi and Toka the southern end of the lake are bases for wet-fly fishermen becaus of the lake's main tributaries flow Big trout runs are in April and (spawning season), and October an vember (return run). The most f run is in April in the Tongariro which anglers can fish without a Fish weighing more than 10 poun be caught in isolated west shore such as the Wanganui, Wharero Waihaha, which should be fishe a guide. During the warm sum months—December through Ma deep trolling with a weighted line most productive.

The Rotorua district has 11 prod lakes all within 20 miles of the is

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CARIBBEAN FESTIVAL. Jan. 24, Feb. 25, 1973, from San Francisco. From Los Angeles 1/25 and 2/26. 30 days, 12 ports. The Space Ship winters in Cristobal, St. Thomas, Martinique, Jamaica and also touches base in exotic Colombia and Mexico's exciting Acapulco. That's some spicy Caribbean! From $1720 to $6395.

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esort town of Rotorua, which ctacular active thermal area and il Maori community.

rawera is probably the best pro- this group, yielding more 10- s than any other New Zealand ese trout are smelt eaters and in ne, October, and November they ne surface looking for dinner. e of year they're deeper.

katainga and Rotorua are good s of smaller rainbows and These lakes, like others on land, can be effectively worked trolling or by spinning.

land

land is fly-fishing country. Un- more predictable and versatile d streams of North Island, the th Island fishing is usually fly n streams. But many of the most ve areas can be difficult to reach ther is often a problem. (It's the place where you hear this famil- e: "If you don't like the weather, minutes.") Serious anglers will uide.

thern Lakes area contains a se- kes nestled in the most spectac- ntain country in New Zealand ccessible from the resort towns ka, Queenstown, and Te Anau. Lake Wanaka is probably the most reliable of this group and is best fished with flies November through early December, and February through April. Lake Te Anau is also a good producer during these times. Trolling and spinning can be as effective as fly-fishing.

There is also some good fishing in the more remote portions of Lake Wakatipu, though the overall quality of fishing here is slowly declining because of increasing numbers of visitors at the popular resort of Queenstown at the lake's edge.

The Livingston and Eyre mountains, two small ranges between Lake Te Anau and Lake Wakatipu, give birth to numerous streams and several rivers, such as the Mararoa, Oreti, and Mataura rivers: they offer good wet and dry-fly fishing October through April. Most of those rivers are crossed by roads, but upstream hikers can take advantage of challenging areas that are seldom fished.

Southland streams are almost exclusively fly-fishing waters, well known for the evening rise of trout. The town of Gore, in the center of the area, is on the bank of the Mataura River, which is one of the better producers along with the Mimihau and Wyndham rivers.

What to bring

Western anglers planning a trip to New Zealand can bring most of the necessary gear with them. Along with spinning and fly reels and rods (9-foot rods are preferable), fly fishermen should pack both sinking and floating lines with at least 100 yards of backing (6 to 11 double tapered or torpedo head). For rivers, bring fast-sinking line with a shooting head and monofilament backing. Leaders should be 4 to 6-pound test. Dark polaroid glasses and lightweight, bootless chest waders are essential.

Spinning gear should include 6 to 9-pound test line and, for deep trolling during New Zealand summer months, a lead-core line. Some American lures are effective. Those to bring include Green Crocodile, Dardevle, Hot Shot (bright red), Mepps spinners, and Flatfish F7 (silver and yellow). Bolo spinners, small Rebel or Rapala lures, Heddon River Runts, and an imitation mouse are also helpful. Your New Zealand fishing guide will tell you which local flies and lures to buy.

Always carry a wool sweater, windbreaker, and rain gear with your other essential fishing tackle.

For details on fishing particular New Zealand areas, write to the New Zealand Government Tourist Office, 153 Kearny St., San Francisco 94108. □

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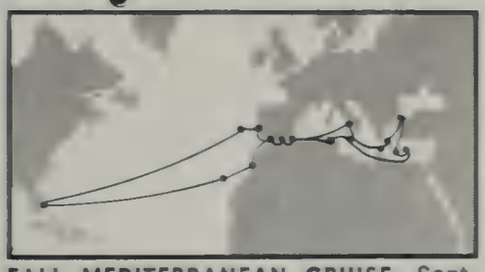

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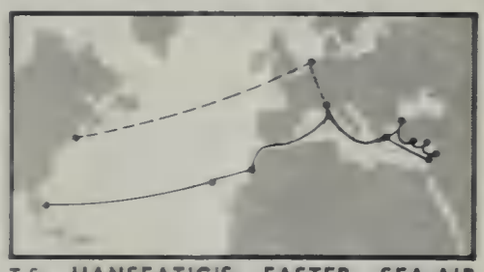

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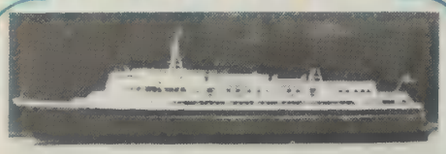

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For more information about the Alaska Marine Highway System, contact your travel agent or Division of Marine Transportation, Pouch R, Juneau, Alaska 99801.

People *line up to enter Frame House, built by Pioneer Company missionaries to Hawaii*

December 10 is a big day at the Mission Houses

Adobe *brick and stone base of Frame House was used for*

When New England missionaries settled in Hawaii 150 years ago, they brought along their Christmas traditions. They sang carols, decorated Christmas trees, and served warm gingerbread and cider by the hearth.

The Mission Houses Museum in Honolulu customarily revives these traditions in a one-night open house in December. It always draws a crowd. This year their candlelight open house—which will include carols, gingerbread, and cider—is scheduled for Sunday, December 10, from 6:30 to 9 P.M. Although the museum regularly charges admission, the open house is free.

The Mission Houses are the three b ings that sheltered the first mission. They've been restored and are now ignated a national historic landmark side are exhibits of early furniture, t clothing, and personal objects. G dressed in nineteenth-century perioc tumes and holiday muumuus will te story of the first Hawaiian Christm

The museum, at King and Kawai streets, is open from 10 A.M. to 5 Tuesday through Sunday. Regular mission is $1.50 for adults, 75 cent children under 12.

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GIFT IDEA

Environmental crisis books

From *California Tomorrow Plan: the crowded wilderness*

We've all been living—and breathing—the environmental crisis for some time now. Here are just a few recent books on the subject that might make stimulating Christmas gifts. You'll find them in most good bookstores. They're controversial to be sure; some generalize about man's threat to the world environment, others propose solutions, and a few probe individual ecological disasters.

Only One Earth, by Barbara Ward and René Dubos (W. W. Norton & Co., New York, 1972; $6 hardbound). Prepared as background for United Nations Conference on Human Environment in Stockholm last June. Clearly summarizes the political, social, and ecological circumstances that make up the worldwide environmental crisis.

The Closing Circle, by Barry Comm (Alfred A. Knopf, New York, 1 $6.95 hardbound). Challenges us to ate an "ecologically aware economy.

Population, Resources, Environment Dr. Paul Ehrlich (W. H. Freeman, Francisco, 1971; $9.50 hardbou Latest study of population pressures author of *The Population Bomb*.

The Limits to Growth (Universe Bo New York, 1972; $2.75 paperba M.I.T. scientists' famous computer st of world population growth and av able resources done for Club of Rom group of concerned industrialists. technical—but shocking.

Man's Impact on the Global Envir ment (M.I.T. Press, Cambridge, M 1971; $2.95 paperback). A rich techn study of the global climatic and ecol cal impact of man. Eminent scien contribute in biology, oceanography.

The Sierra Club has just issued th more of its Battlebooks. *Action for derness*, edited by Elizabeth Gill ($2.25), seeks new guidelines for pro tion of wild areas. *James Bay*, by Bo Richardson ($2.75), reports on Queb northern wilderness now threatened hydroelectric projects. *Stripping*, by J F. Stacks ($2.25), describes ravages strip mining.

There are five earlier volumes in this ries: *Clearcut*, by Nancy Wood ($2.7 *Energy*, by John and Philip Herr ($2.75); *Mercury*, by Katherine Peter Montague ($2.25); *Oil on Ice*, Tom Brown ($1.95); and *Oil Spill*, Wesley Marx ($2.75).

The California Tomorrow Plan, edi by Alfred Heller (William Kaufma Los Altos, Calif., 1972; $2.50 pap back). Offers detailed plan for sav California's cities, air, and water. interest beyond California.

The Environmental Law Handbook, Norman J. Landau and Paul D. Rhe gold (Ballantine, New York, 1971; $1 paperback). An ideal companion for a of the above books. Details how you c take legal and community action to h save the environment.

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odak has built four special features into the XL movie cameras let in up to 6 times as much light as cameras without these features: An extra-fast *f*/1.2 Ektar lens. **TWO.** An enlarged shutter opening lets in extra light. **THREE.** A special exposure control that doesn't k the light. **FOUR.** A viewing system that doesn't steal the light. ıst drop in a cartridge of high-speed Kodak Ektachrome 160 movie film and you're ready for movies without movie lights. This film is four times faster than Kodachrome II movie film.

See the Kodak XL movie cameras at your photo dealer's. From less than $120. The XL55 (shown) with power zoom is less than $215.

Prices subject to change without notice.

Kodak XL movie cameras. Ektachrome 160 movie film.

Kodak

Meet the new Omega. The under $2700 Oldsmobile

No kidding. This 2-door Coupe is priced under $2700. The manufacturer's suggested retail price, including the whitewall tires shown is $2,612.70. Of course, destination charge, other available equipment, state or local taxes are additional, but it's a lot of Olds for the money.

It's a whole new kind of Olds. Omega is a compact. But with Olds big-car thinking built in. It looks more like a bigger Olds than a little compact outside, and on the inside, too.

Built like a 1-1/2-ton brick. Omega is nearly 500 pounds more car than some smaller compacts. Its wheelbase is longer—111 inches. And you feel the difference on the road. It's strong. Solid. Roomy. Quiet.

The good stuff is standard. Omega gives you things you may pay extra for in other compacts. Deluxe interior "wet-look" vinyl trim. Carpeting. Vinyl-grip steering wheel. Chrome trim around the windows and wheel openings. And a 250-cu.-in. engine. Sure you can get a smaller, lighter compact for less money—but it wouldn't be an Olds. And there's a difference. Oldsmobile. Always a step ahea

'73 Oldsmobile Omega.

nds of glass bulbs make up the e decorations on Via Frattina

e streets of Rome at Christmas

eople of Rome know Christmas rived when the *zampognari* come the hills. Dressed in shaggy wool and rough sandals, these rustic rds strut through the streets play- nes on their pipes and catching lire on the way.

has been celebrating Christmas out as long as any place, and for eason, if no other, the Romans a special Christmas spirit. Pag- is a large part of it. The Vatican cially dramatic at this time of year e of the Christmas Mass. But for erage citizen and many foreigners, eets and restaurants hold much of liday wonder.

treet decorations are among the beautiful in the world. Via Frat- hown above, has sophisticated or- ts to match the fine shops and on this street four blocks east of panish Steps. Via Margutta's art itique dealers have trimmed their y byway with wheelbarrows, tires, thes, and wine jugs painted gold ver. To get to this street, walk up l Babuino from the Spanish Steps rn right after three blocks.

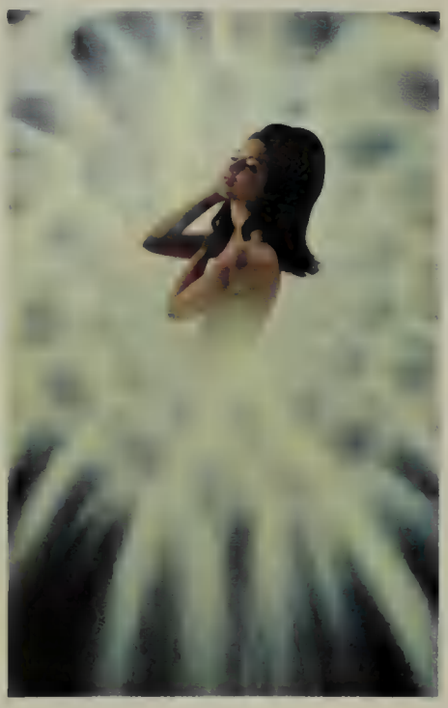
s nativity scenes are striking of art. The best one is in the Navona near the Pantheon.

ore information about traveling me, contact the Italian Govern- Tourist Office, St. Francis Hotel, rancisco 94119. □

at Macy's

For The Woman Who Dreams Of Luxury . . .

The Professional Massage - In Your Own Shower - Every Day!



With AQUA-MASSAGE—
The marvelous new way to pamper yourself while you shower!

AQUA-MASSAGE is hundreds of vibrating, pulsating jets of water—each and every minute—Massaging your body like the skilled, soothing hands of a professional masseur.

AQUA-MASSAGE caresses tired muscles—creating that deep-down feeling of total relaxation you so long for. Everyday tensions simply melt away!

Rotate the shower head, and three concentric body-hugging rings of water cascade down to engulf you unlike any other shower. You'll love it!

Available in two models which fit any half inch I.D.S. shower arm. Model Aqua-Tonic A replaces present showerhead, $18. Model Aqua-Tonic C, European-type hand-held shower with 69" hose including wall bracket and all accessories for mounting, $30.

Macy's, P.O. Box 7888, Department 120
San Francisco, CA 94120

Please Send Me the Following:

Qty.	Item	Total
	Aqua-Tonic Model A @ $18	
	Aqua-Tonic Model C @ $30	

In California add 5% tax plus ½% transit tax in San Francisco, Contra Costa and Alameda counties. Outside United Parcel delivery zone add $1.25 plus $0.25 each additional item. For C.O.D. orders please add $0.75.

In San Francisco call 397-4444 day or night, Sundays or holidays.

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City _____ State _____

Zip _____ Account No. _____

Check/Money Order ☐ Charge ☐ C.O.D. ☐

The chess set
Skiing is the sport of kings. And queens. And knights. And pawns. True skiing is belonging to the Chess Set. The Hart Chess Set.
Hart builds skis for those who know the sport, and those who want to.
The Hart King for the pro.
The Hart Pawn for the beginner.
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And now, for everyone who joins the Hart Chess Set... a chess set. A beautiful imported $24.95 chess set for only $10.00 when you buy a pair of Hart Skis.
To join the Chess Set and receive a chess set, see your Hart dealer.
It's your move.
hart skis

Main office *in Menlo Park since 1951*

Ready to celebrate our 75th, we're still growing, and full of ideas for the future

vill receive this Christmas issue in your home as s and many others at *Sunset* are well into the plan- or the 75th Anniversary of *Sunset* Magazine. The l happy birthday month will be May, 1973.

year we plan to do some looking back as well as ıg ahead. The years since 1898 have brought great h and change to Western America. The West was citing place to live then as now. In its first issue t shared the excitement of the West with readers: ort on the Klondike gold rush that was clogging Coast ports with men and ships; a feature story on osemite National Park that John Muir had helped ish a few years before.

back as 1893, Frederick Jackson Turner noted in per, "The Significance of the Frontier in American y," that the special characteristics of the West having a profound influence on American life. the "Western life style" is known around the There are still some geographical frontiers, but e more concerned about preserving than develop- em. Today's frontiers are more in the realm of new and creative and more meaningful life styles. And ny of these fields, *Sunset* Magazine and Books helped to find better answers and then share them eaders.

ent years, the West's continuing population boom hanging conditions have caused some real prob- *Sunset* has tried to help find answers for these in he home and community.

te the West's growing pains, few native-born West- choose to leave our part of the country. Also, in of smog, traffic, and earthquakes, the U.S. Census s that more than a million people continued the er spirit by moving to the West in the 1970–71 l. This part of the world still is an exciting and re- ıg place to live. And the West is *Sunset*'s world.

's *Sunset* has well over 1,000,000 paid circulation (and a total audience of nearly 3,000,000 men and women). In recent years, the circulation increase has about doubled the rate of growth for Western population. But we're still more concerned with quality of our service than growth of readership.

With this objective, we are considering what we want to accomplish in our 75th year and for years to come. It is our intention to use the experience of the past to help us do a better job in the future.

We are well underway on a major building and remodeling program to expand and improve the offices, gardens, and other facilities at our publishing headquarters in Menlo Park, California. If you visit us (weekdays, except holidays) between now and May, you'll find some temporary fences and some hammering going on. Many other activities are also getting a lot of our attention.

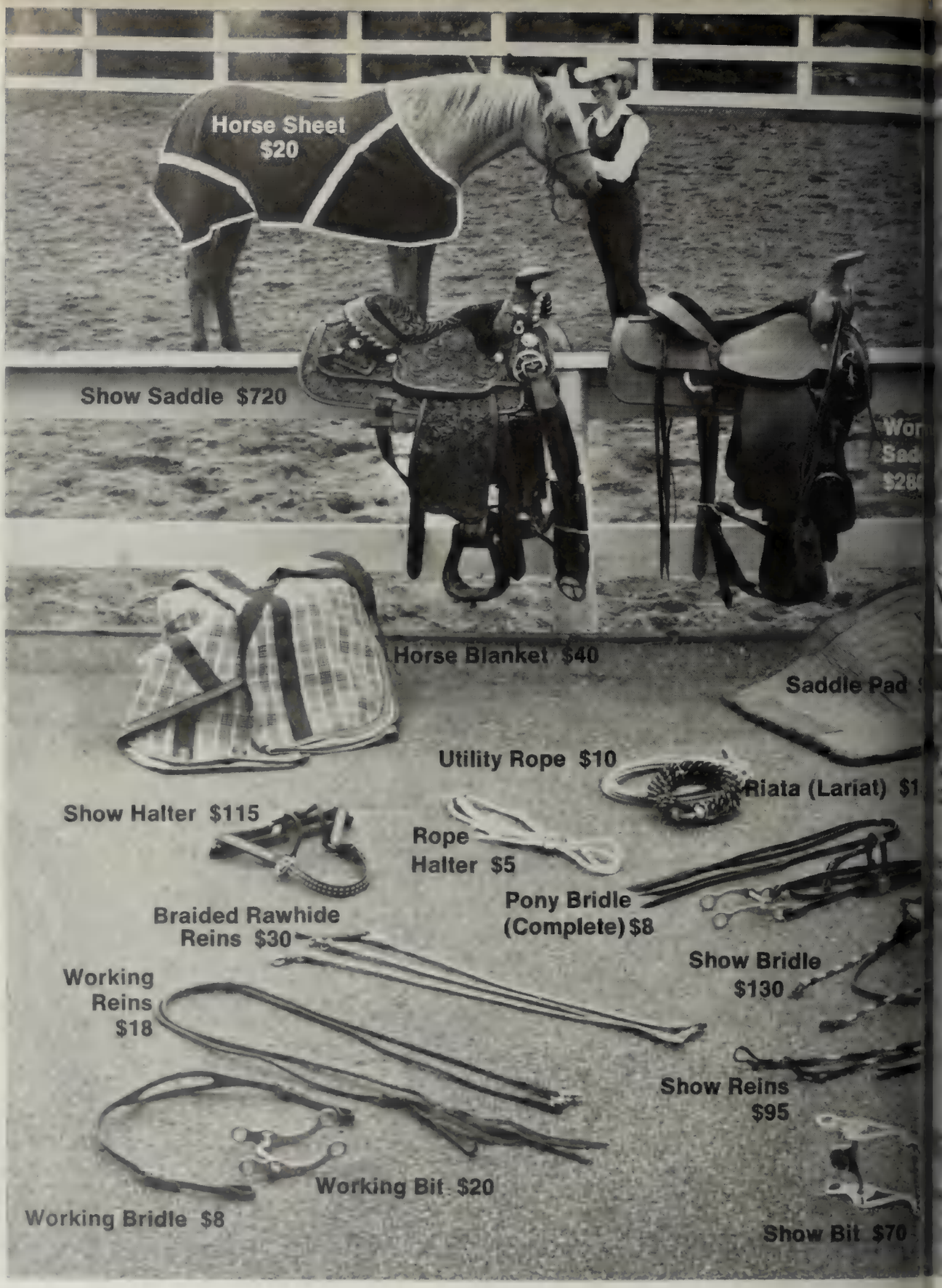
For example, we have been having some unwelcome difficulties as we have changed our subscription fulfillment program to computers. For the great majority of our subscribers we now provide a faster and more accurate service. For a few, however, we have caused inconvenience. We are giving every priority to removing the snags. Circulation by subscription calls for successfully handling millions of details. It isn't easy. If you have been inconvenienced, we are very sorry. Incidentally, in adjusting to the new system, there are ways you can help us avoid trouble—particularly with renewal subscriptions and changes of address. The main help you can give us is *always to include an address label from a previous issue.*

The deepest feeling in our hearts this Christmas is to let you know how much all of us at *Sunset* appreciate the interest and response that readers have given during the past year to *Sunset* Magazine and Books and to our new special interest magazines—*Western Campsites, Boating in California,* and *Christmas Ideas and Answers.*

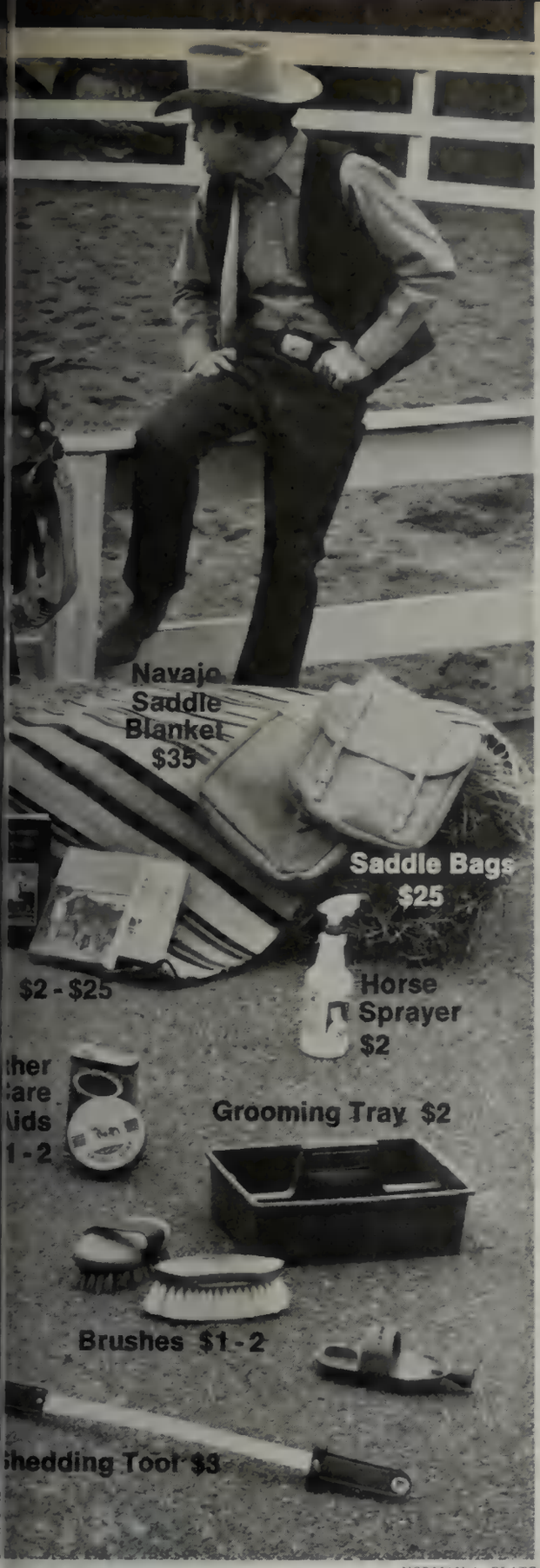
We are thankful for your support and hope that you and your family have a very merry Christmas and a happy New Year!

Bill Lane

Publisher



If you have a horse perso



NORMAN A. PLATE

Thirty-four *gifts for the horse enthusiast—for grooming, pleasure riding, show riding, or armchair reading. Prices for handmade or sterling silver items (such as bridle, bit, reins) can be higher*

Blankets, bridles, bits, halters, reins, ropes, books, bags, brushes

Selecting a gift for someone on your Christmas list who rides can involve a shopping experience that's a little out of the ordinary. If you happen to be a horseman, you'll feel right at home shopping amidst the rich smells of good leather and the bright flashes of silver ornamentation. But even if you're less than knowledgeable on equestrian tack and riding accessories, you'll find an easy-going atmosphere in most saddle shops.

A shopping team of *Sunset* reporters, including experienced horsemen as well as complete novices, visited equestrian supply shops around the West. Even the less confident members were satisfied that you don't have to be an expert to select a useful gift for a horseman friend.

The items in the photograph at left represent the team's collective choices. The collection is deliberately Western, omitting English saddles and hunt accessories. Also, all the items were selected because of demonstrated popularity among the clientele of Western saddle shops.

Prices in our collection range from stocking stuffers costing $1 or less, up to the handsome show saddle priced at $720. Each individual item represents good or better-than-average quality and is priced accordingly. You could, of course, pay more for a saddle, bridle, or saddle blanket than for those shown here. But it is unlikely that any gift recipient would be disappointed in the quality of any item in this collection.

Specialty saddle shops are fairly well distributed in most Western cities, and you will also find saddles and riding accessories in the sports sections of many of the larger department stores. Ask your horsemen friends about the better shops in your area, or look in the yellow pages of the telephone directory under "Saddlery and Harness" or "Riding Apparel and Equipment." □

n your gift list this year

AN EVERLASTING LOVE AFFAIR ON WAIKIKI BEACH.

The luxuriant Royal is more than a hotel. It is an experience to be savored and treasured at least once. With rooms from $28.00 per day double to suites at $150 per day, you *can* afford it.

Dial Sheraton toll-free 800-325-3535 or have your travel agent call for you.

Royal Hawaiian Hotel

SHERATON HOTELS AND MOTOR INNS.
A WORLDWIDE SERVICE OF ITT

You climb *a series of stepped terraces up man-made mountain to see panoramic view at Khao Phra Viharn, a 1/10-scale castle reproduction*

Near Bangkok, new Ancient City

Ten years in the making, Ancient City is an extraordinary outdoor museum of architecture and art that is open now to Thailand visitors.

About 45 minutes by highway southeast of Bangkok, in flat farmland near the coast, it is dominated by a man-made mountain that looks plausible because of its lush tropical plant growth. In one afternoon you can tour 22 acres of parks

New skyline *on flat plain. These shrines and halls are climax of park*

for the nights after Christmas

Genie®

Automatic Garage Door Opener System by ALLIANCE

Night after night after Christmas! That's when Genie shines. At the touch of a button from inside your car . . . Genie opens the garage door . . . turns on the light . . . closes the door . . . then locks up tight. No more getting out of your car to get into the garage. No more weather worries or wary walks in the dark. And now only Genie has the new, exclusive Cryptar Interference Filter that keep out stray signals and gives you added security. With the Cryptar accessory unit, your Genie system will be one of 1440 distinctly coded, exclusive frequencies. So you'll have your own personal frequency for your area. Give your family a Genie this Christmas! You'll open a new world of comfort, convenience, and security for the nights — and days — ever after. Check the yellow pages under "Door Operating Devices" for the Genie dealer nearest you.

Genie-"The garage door picker-upper!"

OPENS THE DOOR . . . TURNS ON THE LIGHT . . . CLOSES THE DOOR . . . LOCKS UP TIGHT!

The ALLIANCE Manufacturing Co., Inc. Alliance, Ohio 44601 Dept. SM-12
A NORTH AMERICAN PHILIPS COMPANY
Maker of the famous Antenna Rotator . . . Alliance Tenna-Rotor® . . . "TV's Better Color Getter!"

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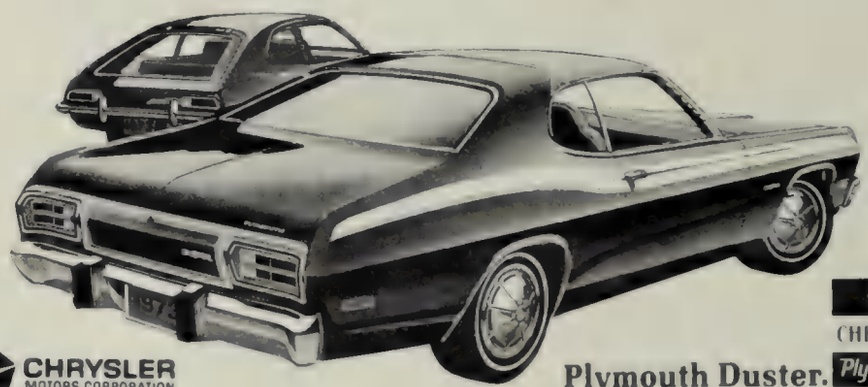
Five big reasons for buying a Duster instead of a Pinto.

1. Duster is big enough to hold five passengers to Pinto's four. **2.** Duster's big in trunk space, too. Almost three times as big as Pinto. **3.** Duster's engine offers half again as much horsepower as Pinto. **4.** Duster's also wider than Pinto. **5.** Duster's price is more. But with all its advantages, not *that* much more. So, it's easy to see, there's little reason to buy a Pinto now that you know the big advantages of Duster.



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CHRYSLER Plymouth

Plymouth Duster.

Extra care in engineering . . . it makes a difference.

"We wish we had a Stanford Court in Los Angeles."

Mr. & Mrs. Sheldon Sloan, Beverly Hills

"**Of course,** we still wouldn't have the views from Nob Hill or the cable cars rattling down to Fisherman's Wharf. But if The Stanford Court were here in L.A. at least we'd have a little bit of San Francisco a lot closer to home. We will always remember the way The Stanford Court pampered us into feeling we actually lived on Nob Hill, the elegant's understated luxury of the rooms, and the [illegible] cocktail lounge in the lobby. Very San Francisco."

We receive many compliments like Mr. & Mrs. Sloan's and [illegible] believe that if you love San Francisco you [illegible] at The Stanford Court Hotel.

The Stanford Court on San Francisco's Nob Hill

Single rooms start at $25, doubles at $33

[illegible] TOLL FREE. WRITE THE STANFORD COURT, NOB HILL, SAN FRANCISCO 94108 [illegible] RESERVATIONS IN BEVERLY HILLS, LOS ANGELES, NEWPORT BEACH, PEBBLE BEACH, VANCOUVER, B.C.

Five big new pictorials

Five recent big books of the coffee variety are worth a reminder in tin Christmas. All deal with parts o world that exert a strong pull on ern travelers. The Southwest, of c is our own back yard; but the islar the Pacific, which once seemed s mote, are also getting easier and to visit.

The Robert Wenkam book is the one with really large format (10½ inches), but the rest have pages sl larger than the one you're rea Along with black and white illustra if any, and varying amounts of te contain from 50 to 250 color p graphs, printed on paper heavy en for fine reproduction.

The Beautiful Southwest, edited by C. Johnson (Lane Books, Menlo Calif., 1972; 224 pages, $9.95 thr December 31, $10.95 thereafter). title might imply, this is primarily ture book, the newest in the *Sunse* torial series.

How far does the Southwest stretch this book it is roughly the land bet the Colorado and Rio Grande r from southern Nevada and the red country of Utah and Colorado dow little below the Mexican border. dominantly desert, it contains h dozen national parks and many time many national monuments and scenic areas with obvious pictorial sibilities.

The Great Southwest, by Elna Ba and Richard G. Lillard (American Publishing Co., Palo Alto, Calif., 1 288 pages, $13.95 through Decembe $17.50 thereafter). It covers almos ctly the same area as the previous b put its different emphasis is stated i subtitle, "The Story of a Land an People." One author is a naturalist he other is a scholar whose writing cialty is Western American culture history. Their book is visually less matic, textually more comprehe than the other.

Beautiful Hawaii, edited by Dor Krell (Lane Books, Menlo Park, C 1972; 224 pages, $8.95 through De ber 31, $9.95 thereafter). Another *Su* Pictorial, issued earlier this year, th an island-by-island picture album on

The 1973 Continentals.

Designed to ride and handle even better than our '72's. Which rode and handled even better than the other luxury car.

Serious, carefully engineered machines. We believe that in 1973 the Continentals will deliver the most outstanding performance on the American road, just as they did in 1972 in riding and handling tests against the other luxury car.

The ride.

In the Continentals' ride, there is a deep, deep quiet, a quality achieved from almost incredible attention to details of insulation throughout the automobile: from the smallest rubber washers to carpeting approximately one-half inch thick.

The Continental has one of the widest stances of any American automobile, which contributes to the unequalled stability of its ride. Standard equipped steel-belted radial ply tires provide their share of that smooth, even, steady ride.

And then, handling.

The entire suspension geometry contributes to the sensitivity of its handling characteristics. In turn, those handling characteristics assure exceptionally steady cornering, and controlled turns, virtually without sway.

There is, naturally, still more. In order to measure up to our reputation for producing the finest luxury cars on the American road, proven in the 1972 road tests, we cannot allow the smallest detail of design or construction to go unnoticed. Test drive one of our Continentals and you will see and feel for yourself that, indeed, we have not.

LINCOLN CONTINENTAL
CONTINENTAL MARK IV

LINCOLN-MERCURY DIVISION

ATED: CONTINENTAL MARK IV WITH SILVER LUXURY GROUP OPTION, AND

You'd drive the ball farther if you could slow down your swing.

How many times have you been told you've got a hitch in your swing? Or you're shifting your weight at the last second?

Talk doesn't help. Seeing will. A Minolta Autopak® super-8 movie camera with its variable filming speed feature can show you — in excruciating slow motion — all the things you've been doing wrong. The results will be worth the price of the camera in unbroken clubs alone.

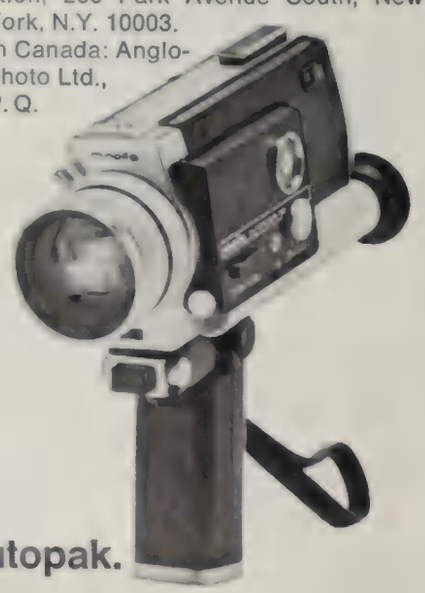
Non-golfers in the family quick enough to get their hands on your Autopak can create cartoons out of crayon drawings. Or capture a flower, from bud to bloom, on about two minutes of film with a unique optional accessory.

Or you can take the Autopak on vacation and power-zoom from a picture window view of an ancient cathedral to a tiny figure in the stained glass.

No matter what the subject, a bright viewfinder shows exactly what you'll get on film. And the Autopak gives you the correct exposure automatically, instantly.

Minolta Autopak-8 movie cameras start at about $182, plus case. (Accessories extra.) Examine their features at your nearest photo dealer. Imagine the movies you could make.

For literature, write Minolta Corporation, 200 Park Avenue South, New York, N.Y. 10003.
In Canada: Anglophoto Ltd., P.Q.



Start to see life differently with a Minolta Autopak.

most glamorous state in the Union. cept for an introduction on Haw history, it is practically all pictures they have extensive captions.

Hawaii, by Robert Wenkam (Rand Nally & Co., Chicago, 1972; 160 p $19.95 until December 31, $25 th after). A professional photographer an active and outspoken conservatio Wenkam did both text and photogr —about three-fourths in color.

His concern for the islands' environm is strongly evident. He says he trie make it "a travel book with soul." tures include many people, lovingly trayed as an integral part of the isla beauty.

South Pacific, by Jack and Dor Fields (Kodansha International/U Ltd., Palo Alto, Calif., 1972; 252 p $25). It has photographs by Jack F —all in color, averaging about one page—and a lively text by Dor Fields, his wife.

Hawaii still gets a fifth of the space this book ranges much more widely s it covers Melanesia (southwest to Guinea) Micronesia (west to the M anas), and Polynesia (south to To Tahiti, Easter Island).

Travel paperbacks

Two paperbacks among the *Sunse* Books devoted to travel appear i new editions this month. Both hav been extensively revised, and ex panded to 160 pages. They ar *Discovery Trips in Europe* an *Islands of the South Pacific* (Lan Books, Menlo Park, Calif., 1972 $2.95 each).

Discovery Trips in Europe is suggestion book. It describes mor than 75 excursions outside th major cities for travelers who fee like getting off the beaten track o taking time off from a tight Euro pean itinerary. A special section i devoted to eastern Europe an Russia.

Islands of the South Pacific i more of a guide book. It goes int detail on such practical matters a travel arrangements, climates and sightseeing tours.

It contains chapters on Tahiti an French Polynesia, Fiji, New Cale donia, the Samoas, Tonga, New Hebrides, the Solomons, Papu (New Guinea), Guam, and Micro nesia. There's a special chapter o the "undiscovered" islands: th Cooks, Easter, Gilbert and Ellice Lord Howe, Nauru, Norfolk. □

We even make one that fits in a stocking.

d one that fits on a bookshelf. in a bedroom. Or almost yplace in your home. Because nasonic black and white TV's ne in more shapes, styles and een sizes than you'd expect. om 1½" to 19" (diagonally asured).

The one that's hung by the mney with care is the tery-operated TR-001. The rld's smallest TV. Our Solid-te engineering helps keep the " (diag. meas.) picture clear l crisp. And to make things n more compact, its recharge-e batteries are built in.

As for out-of-the-stocking-and-der-the-tree TV, there's the . Its 5" (diag. meas.) en pops up from an FM/AM lio. And operates on batteries

as well as house current.

And the TV of Christmases to come, has come. Our futuristic TR-005. With a 5" (diag. meas.) picture, on a swivel base. To make watching TV interesting. Even when there's nothing interesting on TV to watch.

We also make black and white TV's in color. Sets that come in White, Red, Black, Green, Gold and Pearl Gray. And bigger sets in woodgrain. So all our cabinets look just as good as our pictures.

Of course, it's good to look good. But that's not enough. So all our Panasonics have Solid-State devices to help keep your television where it belongs. In your home. And out of the repair shop.

So when you get ready to choose your next TV, see your Panasonic dealer. And see just how well we can fit into all your plans for Christmas. No matter how big or small they are.

Panasonic.
just slightly ahead of our time.

How one Duster can beat four Vegas.

Vega split up a little bit of space four different ways. In four different cars.

We took a lot more space. And did a lot more things with it. All in one car. The Plymouth Space Duster with an optional rear seat that flips down.

We gave you a coupe. It's like their standard sedan. But ours seats five instead of four.

And the rear seat folds down. The way it does on their hatchback coupe. And the cargo space comes within inches of their kammback wagon and panel truck.

Yet, the price of a Duster isn't that much more than the price of a Vega.

So instead of buying four Vegas, you can buy one Duster, and get a lot more economy car for a little more money.

CHRYSLER MOTORS CORPORATION

CHRYSLER

Plymouth Duster. Plymouth

Extra care in engineering...it makes a difference.

HOTEL OKURA (TOKYO) TOWER SECTION OPENING IN THE FALL 1973.

If you want to remember us, just look at something beautiful.

A bud unfolding before your very eyes. The sun bursting joyfully into a new day. Rainbows after rain.

If you have stayed at the Okura, such things will remind you of us. Our quiet atmosphere after the city's hustle and bustle. Our attentive but never obtrusive service. Our wish to make your every moment with us one of pleasure, privacy and comfort.

If you have not yet stayed with us, come soon.

Hotel Okura

The Distinguished Hotel of Tokyo
Iwajiro Noda, Chairman
Torao Aoki, President & General Manager

See your travel agent or Robert F. Warner, Inc. (East Coast). Glen W. Fawcett, Division of John A. Tetley Co., (West Coast).

Hotel Okura Amsterdam, member of "Inter-Continental Hotels" and "The Leading Hotels of Europe" represented by Hotel Representative Inc.

Guam Hotel Okura, for Holiday in Micronesia

Near the top *of Bright Angel Trail, these hikers are still in snow*

Winter hikes in Grand Canyon

Snows put the frosting on the 7,000- high South Rim of Grand Canyon month. But 5,000 feet below, at the ter-sheltered canyon bottom, we can still be balmy and warm.

The Bright Angel Trail, open all follows a steep and sometimes pre tous 9-mile course from the South Grand Canyon Village down to the yon-bottom resort of Phantom Ra It's an easy 4-hour hike down; the re trip takes 6 to 8 hours because you gain back almost a mile in elevatio

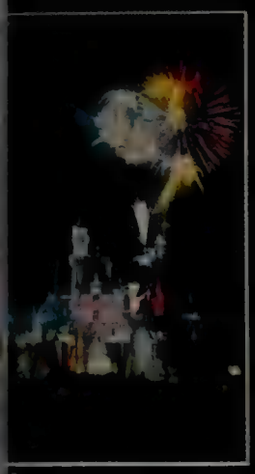
A comfortable cabin at Phantom R costs $18 a night for one or two per $5 more for each additional pe Breakfast and dinner are served i dining room, and you can buy lunches. The Ranch also offers do tory accommodations at $7 a night, cabins at $3 a night, and for those won't mind occasional showers and c nights, there's a somewhat prim campground nearby.

If you don't feel up to the hike, G Canyon's popular mule trips leave South Rim at 8:30 A.M., follow B Angel Trail down to Plateau Point, return to the South Rim about 4:30

The mule trip, restricted to person least 12 years of age and under pounds, costs $17.50 per person an cludes a box lunch. An overnight including the mule ride, accomm tions at Phantom Ranch, dinner breakfast, is $63 a person for a si room, $54 a person for a double.

Reservations at Phantom Ranch an rangements for mule trips should completed well in advance by wri Fred Harvey Reservations Office, G Canyon National Park, Ariz. 86023

SOUTHERN CALIFORNIA



LOS ANGELES ZOO

MUSIC CENTER

SEA WORLD, SAN DIEGO

LION COUNTRY SAFARI

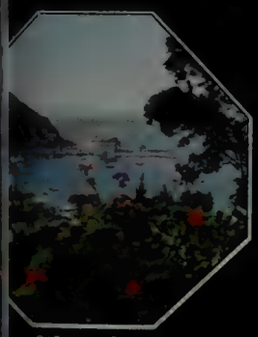
UNIVERSAL STUDIOS – HOLLYWOOD

ZOO

TIJUANA, MEXICO

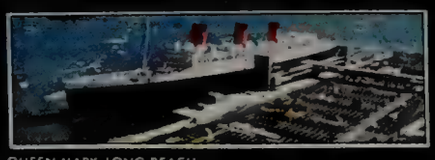
JAPANESE VILLAGE

MOUNTAIN



CATALINA ISLAND

PALM SPRINGS



QUEEN MARY, LONG BEACH

BUSCH GARDENS, SAN FERNANDO VALLEY

You'd have to go to every corner of the world to see and experience all the things located in Southern California. All of nature meets here, in legendary deserts, breathtaking coastline, vast mountains, rich valleys, picturebook landscapes, and secluded isles. And there are so many man-made attractions, a family could vacation here for a year without running out of things to do. A vacation in Southern California is a world tour. For a fraction of the price. Write for your complete vacation-planning brochure.

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SAN DIEGO

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For more information see your Travel Agent or write:
San Diego Convention & Visitors Bureau,
Dept. S-2, 225 Broadway, San Diego, CA 92101

Going skiing by train

When you have at least a week or days for a winter ski vacation, you m consider one of the ski train pack offered by Amtrak or Canadian Nati Railways. The conviviality of a train with other ski enthusiasts is espec enjoyable if you're traveling alone. after a week or so of hard skiing, i lot more enjoyable to sit back and r on a train than it is to drive.

Amtrak sponsors ski trains to Sun V from both the Los Angeles and the attle-Portland areas.

From Los Angeles: Departures are uary 5 and 12, March 2 and 9. Rates person range from $223 to $308. pending on your choice of train and h accommodations. Included in the p round-trip train fare, seven nights l ing in Sun Valley condominium unit hotel rooms, and six days of lift tick All meals are additional. You also h the option of purchasing five days o lessons (4 hours a day) for $40.

From Seattle and Portland: Depart are January 19 and March 16. With air return from Sun Valley, rates r from $216 to $256. This package cludes the same features as the Los geles tour.

For reservations, write Sun Valley ervations, Sun Valley Co., Inc., Sun ley, Idaho 83353; or visit any Am office.

Canadian National Railways spon five-day ski packages to Jasper Nati Park's Marmot Basin ski area. The t leaves Vancouver every Saturday f January 6 throughout the ski season cept during the Easter holidays. Inclu in the $175 price (Canadian doll round-trip train fare, five nights acc modations at Jasper Park Lodge. days of ski lift tickets, and five ski sons of 2 hours each. All meals at Ja are additional.

For reservations, contact your nea Canadian National office or write nadian National Railways, 210 Post San Francisco 94108.

If you're unable to join a scheduled train, you might consider indepen travel by train to Lake Tahoe or U ski areas. From the San Francisco a Amtrak has regularly scheduled M day, Thursday, and Saturday depart to Reno and Ogden, Utah. From V couver, Canadian Pacific Railways daily service to Lake Louise and Banff ski areas.

EASY RIDER
EASY HANDLER

Ford Ranchero–the pickup car.

From this driver's seat, you boss a pretty impressive machine. With a wide-track stance for road-hugging stability. An all-coil suspension to smother road-shock. A choice of six eager power plants up to a 429 V-8. Front disc brakes, standard.

And all the while you're surrounded by cab luxuries the envy of many a sports car. Not to mention the curbside admiration society attracted by that exciting '73 styling.

But make no mistake, this smart, new Ranchero is *all* pickup. With a big 6½-foot box that's ruggedly double-walled. A counter-balanced one-hand tailgate that makes loading easy. And even a trailer-towing option that lets you pull up to 6,000 lbs. of camping or boat trailer.

At your Ford Dealer's, the beautiful choice is a '73 Ranchero 500, GT or Squire. They're something else!

A better idea for safety. Buckle up.

FORD RANCHERO

FORD DIVISION Ford

lability may be subject to Environmental Protection Agency certification.

acrylic panels
ainted-on colors
ight from
s inside frames
CHRISTIANSEN

Christmas cheerfulness with painted-on colors

Different *shapes and designs of transparent ornaments add color, imaginative touch to tree*

NORMAN A. PLATE

ely on light or on color again and when we're looking for ways to en our homes for Christmas.

ng the holiday decorating sugges- in this issue of *Sunset*, here is the hat most easily and effectively pro- you with both—the light from a ss candle illuminates the color in c plastic panels treated for a d-glass effect.

panels are shown in easy-to-make en frames designed to bathe your r table in filtered candlelight (for details, see page 96). But you evise other uses based on the same ple: Wherever you have light, you ave added color.

u have glass panes in your front or windows, your visitors can be d by warm-looking stained Christ- panels placed against the inner of the panes and held in place by tacks or brads. Or you can make a variety of small hanging ornaments eflect the glow of your tree lights.

The leadlike compound and stain work just as well on glass: You can decorate the chimneys of oil-burning hurricane lamps, or make small compact mirrors into bright reflective ornaments.

To find acrylic plastic, look under "Plastic-Supply Centers" in the yellow pages of your telephone book. A 3/16-inch-thick piece should cost about $1.75 per square foot. Scraps, if available, may cost less. It's easy to cut to desired size and shape with a band saw. You may also be able to use other power table saws, but handsaws won't work well with plastic. The lead compound and stains are available at craft and hobby stores.

Your design should have bold, simple lines for the best effect. First, draw the design full-size on a piece of paper, using a felt-tip pen. Then lay the precut panel over the sketch on a flat horizontal surface, and squeeze the lead compound slowly from its tube, following the sketch lines. (If the lead comes slowly or in irregular spurts, heat the tube for a few minutes in hot tap water.)

Be sure the lead forms a tight boundary for the stain, so it won't flow into an adjoining color. After the compound dries (about 3 hours), you can brush on the stain. It's simplest to use a separate, inexpensive brush for each color. For richest color, apply at least two coats.

When decorating a rounded surface like a glass lamp chimney, it's best to divide it into sections for consistent design. To keep the lead compound from sagging and falling off the surface before it dries, apply it carefully to one section at a time. Use similar caution when applying the stain.

Since you can't easily drill holes through glass or mirror ornaments, you should border them with the lead compound, leaving a small loop at the top for hanging it to the tree.

Your stained panels should be kept away from moisture, and shouldn't be allowed to touch an open flame. □

ze *imitation lead onto over sketch lines. Then on stain from bottles*

Panels *held against front door panes by tacks give stained-glass effect for holidays*

Pick-a-Gift. *Gifts piled on table have no names. Guests may choose an opened gift or a wrapped one*

DARROW M. WATT

Live *turtle came from box that said "Do not tip"*

Scratching *noise inside wrapping gave away presence of white canary*

Height *of tall present intrigued three-year-old lady plumber*

If the clan gathers at Christmas, the need is fun and games

In midst *of fun, a quiet look at a toy*

All ages can get in the act . . . giving, guessing, spoofing, even acting

nost Christmas agendas there's a ·ring of the extended family—rela- and friends—who assemble to toast ɜason. The group may span several ·ations and the party may span ;. How do you entertain such a ɔ during the lulls between eating ɔther formal rituals?

y families have told us about their ;ional Christmas pastimes that ap- to all ages. On these four pages you ome that several families tried out obvious pleasure.

Several of the ideas shown were traditions in two of the families. Another guest remembered two games from childhood church socials. Red Hot Poker, Baked-in-a-cake, and Snapdragon turned up in a library search on the traditions of an English Christmas.

As at most such gatherings, opening the gifts took up much of the time. Pick-a-gift (pictured above) provided more than an hour of fun. You need a collection of inexpensive nonsense gifts, in packages of misleading shapes and sizes, fancifully

Pass-the-orange. *Two teams line up and pass orange from chin to chin. First team to pass it down line wins*

Who Am I? *Each arriving guest has a famous name pinned on his back (out of wearer's sight). To guess identity, he asks questions that get only "yes" or "no" answers*

Hot poker into punch, fingers in the fire, surprises out of the cake

DARROW M. WATT

Poker *heats to glow in fire. Tap off ashes, dip poker into punch to steam and bubble the brew*

Snapdragon, *at right. Men pluck dried fruit from flaming brandy. Greatest daring (largest pile of fruit) rewarded with prosperity in New Year. Everyone can eat the fruit after it cools*

Tokens *baked in cake are omens for coming year. Left, 14-year-old boy gets wedding ring. Right, young girl will set up housekeeping. Each token wrapped in heavy paper*

wrapped, with suitably confusing tags (shake me, don't squeeze, handle with care, etc.). Each guest gets two choices: he can open a gift and keep it or put it back and draw another which he must keep. When there is an opened gift the guest can choose that or he can take a chance on an unopened one which he then must keep.

There are other ways to draw out the suspense of gift opening. Some families hide the presents, and one by one hunt for them while others tell the hunter if he's "hot" or "cold." Another family hides the presents and attaches each to a length of yarn of a different color. Each follows one yarn around tables, under the bed, behind the couch to wherever the present is hidden.

The paper bag stockings shown on the opposite page serve as last-minute gift wrappings and also save much ribbon and paper. They also can be used as gift collection bags—give each person one of his own.

Excitement can be added to the refreshments, too. Charms baked inside bread or cake give the family soothsayer a chance to do some predicting. A hot poker makes a sooty but dramatic way to warm punch. The fireplace can toast and warm snacks.

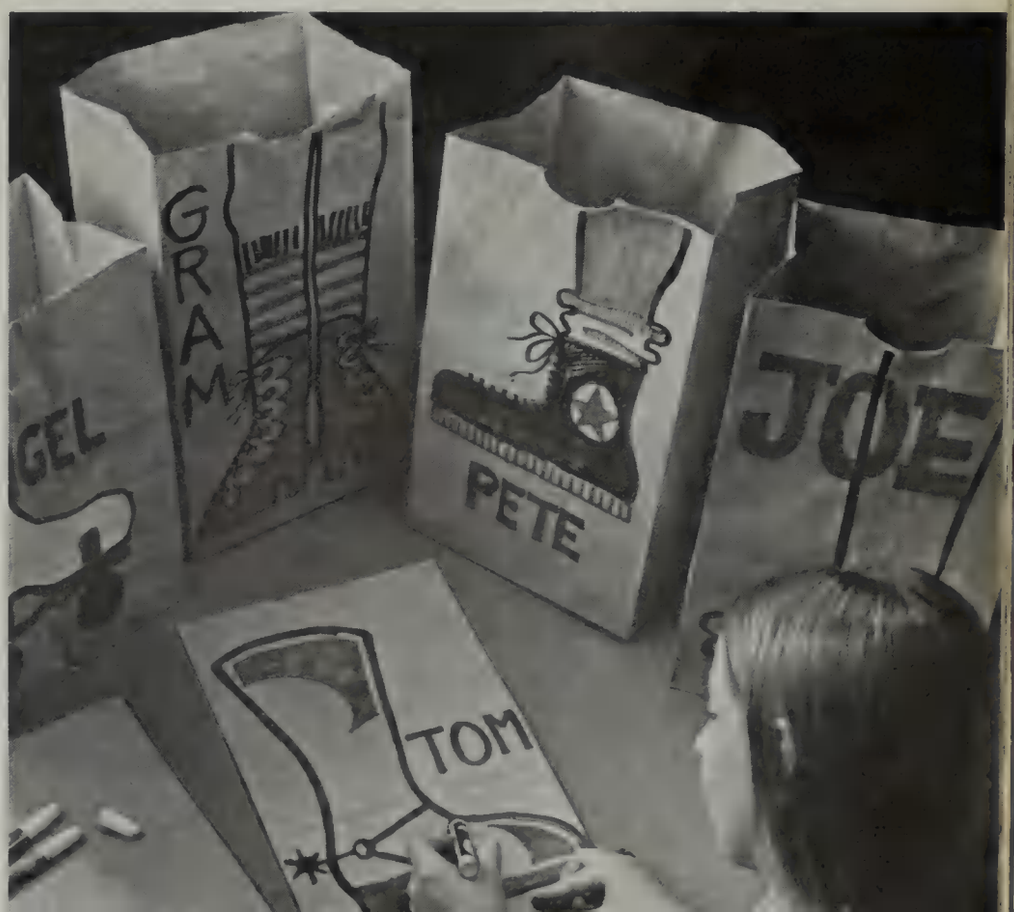
There are many, many other simple games on the order of Who Am I? and Pass-the-Orange, shown on page 55 [illegible] you want to add some to your gath- ing, dig back in your memory of sc[illegible] campfires and church socials. Fami[illegible] games are often adapted for Christ[illegible] use—Pin the Tail on Rudolph, for [illegible] stance. Or, Twenty Questions becor[illegible] I'm Thinking of an Ornament for [illegible] family.

A variation on charades that adjusts w[illegible] to all ages requires a blackboard or [illegible] of large paper; each player is then gi[illegible] the name of an object which he must [illegible] each team to identify as he draws it. T[illegible] fastest team to identify all the obje[illegible] wins the game.

One South Pasadena host gives a [illegible]

Idea *for keeping each person's small gifts separate from everyone else's: individual big grocery bags, each with its owner's name marked with a felt pen, and maybe the shape of a stocking drawn on*

A paper sack-sock or everybody . . . to ollect the treasures



out twenty items that are hidden d the room. Some of them may be to spot, but they are in plain view. guests wander about noting the lo- of each item but without giving its location by registering any emo- The person who sees and notes the on of the most objects is the r.

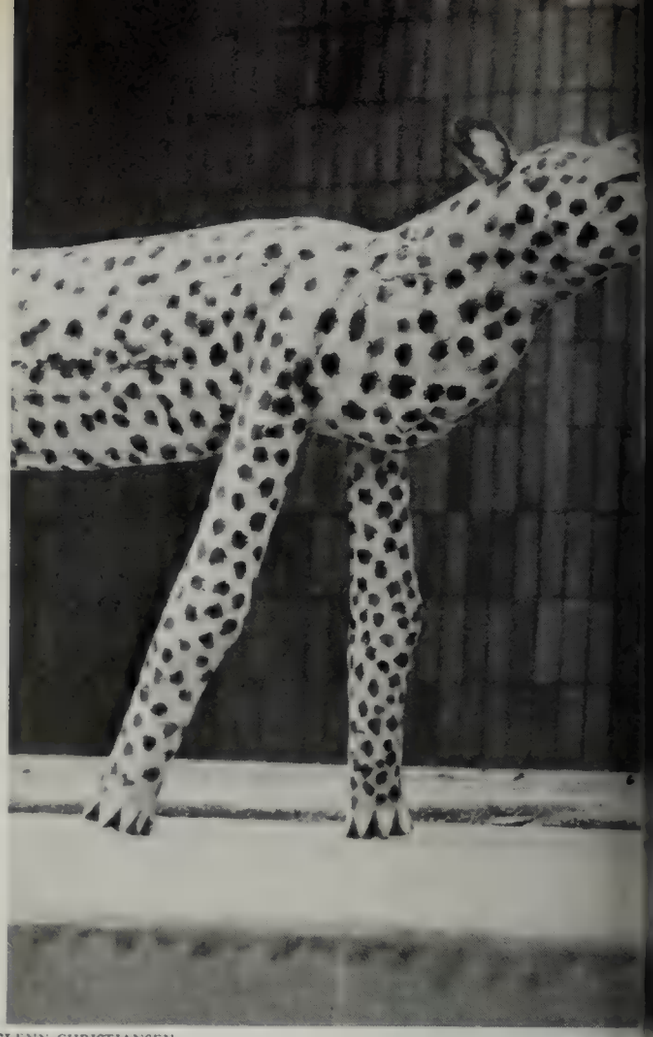
games that adapt well to holiday rings include What Am I?, Musical s, Hot Potato, Blindman's Buff, Bag Toss, Peanut Pushing, Gossip.

od source of additional games is *ed and Enlarged According to* , by Richard Frey (Hawthorne, York, 1970; $5.95). □

Fanciful *animals hewn of cottonwood logs: jaguar, woolly sheep, pig and piglets, by Felix Archuleta, Tesuque*

Painted *crèche group by Pueblo artist Helen Cordero of Cochiti*

Crèche *carved of wood in santo style of Spanish New Mexico by Jose Mondragon of the town of Cordova*



GLENN CHRISTIANSEN

On view now in Pasadena... America's folk craft tradition

Visitors to Los Angeles this month and next can see one of the most extraordinary craft shows of the year at the Pasadena Art Museum. It is what might at first seem an unlikely juxtaposition of Appalachia with New Mexico's upper Rio Grande Valley. Called *Islands in the Land*, it runs November 21 through February 4.

The logic becomes more apparent when you see the show. The common thread is the use of materials at hand to create objects for use and pleasure. It is a kind of back-to-the-land show from the two regions of the nation where craft traditions persist virtually unaffected by modern life. The California Design Department of the museum assembled the show to enrich the vision of California craftsmen, who work in a climate almost devoid of tradition.

The show offers more than objects. Pueblo Indians will be on hand continuously to demonstrate their crafts. On Fridays and weekends, there will be programs of old-time fiddling, dulcimer music, Bluegrass and banjo music, Morris dancing, Appalachian fun and games, and mummers' plays. There will be films of Appalachia and of Pueblo Indians, and a lecture series on the cultures of the two regions.

The museum, at Colorado and Orange Grove boulevards, is open Tuesday through Saturday from 10 A.M. to 5 P.M. (to 9 P.M. Fridays in January); Sunday, noon to 5; closed Christmas eve and New Year's eve and day. Admission is $1 for adults, 50 cents for students, free for children under 12. □

Baskets *in 14 shapes, from 5 states, are of oak splits, honeysuckle, pine needles*

Four generations *of weavers in the Ortega family of Chimayo are represented in this fabric collection*

Effigy jugs *from land of good old mountain dew are by Lanier Meaders, Georgia*

ık chairs *from Appalachia made without nails or glue, have woven oak split seats*

Out of nursery cans and into the hous

The secret of producing miniature Christmas trees like the ones above is a form of garden cradle-robbing.

You start by looking over a nursery's most common, inexpensive conifers for plants that still have a bushy juvenile shape—that haven't reached adolescent gawkiness. And then, using some cautious root surgery, you match them to pots of the right scale, usually much smaller than their nursery containers.

You may find other plants that work as well as the kinds shown above. Consider these, for example: dwarf cryptomeria, Norfolk Island pine, mugho pine, dwarf Alberta spruce, Irish yew. Not all conifers lend themselves to this treatment; for instance, young deodar cedars and redwoods are almost always too sparse and droopy.

Miniature trees like the ones shown here shouldn't be counted on as permanent pot plants, unless you choose a naturally slow growing one such as dwarf hinoki cypress, and unless you give them bonsai-style root and top pruning. Most kinds soon lose their youthful shapes and outgrow their pots, and probably should go into the garden by late spring or sum Before planting, however, consider the plant's ultimate and shape. Many large conifers from cold climates just too austere and dull in a Western landscape.

You'll find that most of the little trees look best in pots are several inches narrower and shallower than their nur containers. If you're careful you can transplant them pots as small as the ones used here. Conifers are semidorr now and can stand to lose a fair number of roots.

First, remove loose soil from the root ball and unravel roots with your fingers. Cut off long, stringy roots. Cont removing soil and roots until the root ball can fit into the with at least ½ inch around all sides and the bottom. Try to cut off larger stiff roots. And try to leave a solid wa roots at least the size of a softball.

Plant in any lightweight soil mix. Use a pencil or your fin to firm soil around the sides of the root ball. Water with a trickle until the soil is soaked; don't let it dry out. Pl can stay indoors for the holidays, then should go out.

Miniature trees *all were transplanted from gallon cans into small pots. All are very young basic landscape plants. They cost $2 to $4. Tallest is 20 inches, shortest 11 inches. Pots cost $1 to $6; sizes refer to inside top diameter*

DARROW M. WATT

.Christmas miniatures

Size up *plant and pot. This giant sequoia will look good in 5-inch pot, needs root pruning to fit*

Trim roots *to pot's size. Scrape off soil, cut off stringy roots*

Potted *and decorated, the giant sequoia makes a welcome gift—for table decoration or child's room*

To shape *cookies, gently but firmly press mold into cooky dough. Lift mold, trim cooky*

Cooky molds are bakers' treasures because you can use them to shape cookies in wonderful ways. The molds you use are usually fashioned in wood. But we have discovered a process that allows you to create your own highly personalized molds to use for holiday baking or to give as gifts.

You begin with a modeling material that you can harden easily in your own kitchen. Two such products that are perfect

To make *cooky molds, scrape out patterns or press simple objects into modeling material. Let molds harden before using*

Serve *molded cookies anytime during holidays; or give cookies or molds as gifts*

OUR CHRISTMAS COVER STORY

Cooky sculpture that is easy and a delight to give or get

to use in contact with food are ey and Marblex. Both are moder- priced and available in craft and shops, art stores, and toy stores. the classified section in the tele- directory under "Toys"; "Hobby Model Construction Supplies"; and st's Materials."

product has its advantages and packs. Sculpey, a plastic modeling ound, produces a mold that is quite durable; it forms the molds shown below. Marblex, a gray self-hardening clay in moist form, is considered by some to be better for more intricate designs, but the finished molds are fragile.

DARROW M. WATT

General directions for making cooky molds

Work a lump of the modeling material in your hands until it is quite pliable. Roll out to a flat, even thickness (see dimension specifications that follow).

Make a design by pressing objects into the surface: your finger tips, chopsticks, beads, nuts and bolts, spoon tips or handles, paper clips. Or you can scoop or scrape out a design, or use a combination of techniques (see photograph at top left). Keep in mind that your designs are mirror images of the finished cookies; any words like "Joy", shown on the cooky below, must be written in reverse. Trim outside edge of mold as desired, then let the mold harden according to directions that follow.

After the mold is hard you can refine the design by trimming carefully with a sharp knife. For example, if an edge of a depression turns in instead of straight up or outward, the mold will not make a good impression on the cooky dough, and the edge should be trimmed back.

Making molds with Sculpey

Roll Sculpey ¼ to ½ inch thick; 6 inches square is the maximum size for making cookies that are easy to handle without breaking. You can make design impressions up to ⅔ the thickness of the Sculpey. Place finished molds on an ungreased baking sheet. Bake in a 275° to 300° oven for 30 to 45 minutes, or until Sculpey feels firm. Let cool and use. You can wash molds, but let them dry thoroughly before using again.

Making molds with Marblex

Roll Marblex ½ inch thick for molds up to 3½ inches square; roll ⅝ inch thick for molds up to 6 inches square. Design impressions should not be more than ⅓ the thickness of the Marblex. Let dry at room temperature, turning occasionally, for 2 to 3 days, or until hard and dry looking. To clean, pour salt on surface of molds and scrub with a small stiff brush. Marblex softens when wet, but if necessary you can quickly wash surface of mold with soapy water, then rinse; let dry thoroughly before using again.

How to mold cookies

Use the Impressionable Cooky dough on page 146 and follow the directions for shaping cookies, or use any dough you've found suitable for making molded cookies. But any dough you use must be at room temperature. If cold and hard, Marblex molds are apt to break under the force of making an impression.

To prevent dough from sticking to the molds the first time they're used, take a small lump of cooky dough and gently press against the mold lightly and all over, then flour well and shake off excess. Flour each mold before making each impression. □

Holiday cooky designs *by kitchen artists came from molds made of modeling material. Molds for swan, joy, and Father Christmas cookies are shown*

1· *Swirl crayons on warm, foil-covered heat tray. They melt instantly to make colorful patterns*

2· *Place paper over the area where you have melted your crayon design*

3· *To absorb melted crayons, pat paper down with soft cloth or paper toweling*

4· *Pick up paper and see design. The melted crayons harden instantly*

Crayon-melt magic

Even very young children can get astonishing results making cards with melted crayon

some crayons and a heat tray, you ırn out handsome abstract Christ- ards like the ones shown here. We that even children as young as can take part—and produce pro- nal looking results. You may end th a few cards you'll want to hold ıd frame.

›egin by covering the heat tray with -duty foil; tape the edges down nasking tape. Assemble your cray- -here's a way to use up stubby ends. r, gold, and copper colors are es- ly effective.) Plug in the tray, wait to reach medium heat, and start ng.

the crayons have melted you're for the paper. The texture and you get depend on what kind of you use. Construction paper soaks ıe wax for subdued mat effects. ble bond typewriter paper gives a / finish. Rice paper produces deli- and feathery designs. A thin sheet of mylar plastic lets the cooled wax retain a liquid appearance.

If you want a swirled effect, twist the paper a little when you pick it up. After printing, clean the tray with paper towels if you want to use a new group of colors.

Cardboard cut into L-shaped pieces can be used as croppers to help you decide which part of your print you want to cut out and glue to a card.

Use rubber cement for mounting prints on white or colored cards, sold along with envelopes at art supply and stationery stores. □

DARROW M. WATT

5 · *Artistry comes into play when you select section of print to cut out for card. Use two cardboard L's to outline it*

Melted crayon prints, *trimmed and mounted, make one-of-a-kind cards. Designs depend on colors you combine and the paper you use*

Thick slices *of fr*
yeast stollen r
solid filling of We
nuts. Serve plain or but
NORMAN A.

Our own kind of nutty Christmas *stollen*

Western nuts go inside the neat Parker House fold

Roll *stollen dough out to form a large oval; transfer to baking sheet*

DARROW M. WATT

Gently fold *plain section of dough over portion covered with flavorful nut filling*

Stollen, originally a German sweet bread with many variations, is most easily recognized as the folded half circle shown at right, which looks like a giant Parker House roll. Characteristically, nuts and candied fruits are laced throughout the bread, but we find that the natural cavity formed as the oval of dough is folded (see lower left) makes an ideal location for a toasty nut filling.

Therefore, we propose the beginning of a new tradition: stollen filled with Western nuts. Serve the loaf warm, with butter if you like, for special times like Christmas Eve or Christmas morn.

Western Nut Stollen

- 1 envelope dry yeast
- ¼ cup warm water
- 6 tablespoons granulated sugar
- ¼ teaspoon salt
- ½ cup milk, scalded and cooled to room temperature
- 6 tablespoons butter, melted and cooled
- 3 egg yolks
- 3 cups regular all-purpose flour, unsifted
- Nut filling (recipe follows)
- 1 egg white, slightly beaten
- 1 cup unsifted powdered sugar blended with 4 teaspoons milk
- Whole or half nuts for decoration

Combine yeast and water in a large bowl; let stand about 5 minutes. Stir in granulated sugar, salt, milk, butter, and egg yolks, blending well. Spoon flour into measuring cup to measure; beat flour with yeast mixture until evenly moistened, then turn dough out on a floured board and knead until smooth and velvety, working in as little additional flour as possible; takes about 5 minutes.

Place dough in a buttered bowl, turn the dough over to grease the Cover and let rise in a warm place doubled, about 1½ hours.

Knead dough on a lightly floured b to expel air bubbles, forming a sm ball. Roll out on a lightly floured b to make a 10 by 12-inch oval and p on a greased baking sheet. Mound nut filling on one half of the 12- length of the dough; fold plain sec over the filling and pat gently in p Lightly cover and let rise in a w place until puffy looking, about 30 utes. Brush gently with egg white.

Bake in a 325° oven for 45 minute until well browned. Let cool on a rack until warm. (If made ahead, completely, and wrap airtight; free desired. Place thawed loaf, uncove in a 325° oven for 25 minutes.) Sp powdered sugar mixture over sur and decorate with nuts. Serve warm cool, cut in slices. Makes 1 loaf.

Nut filling. In a wide frying pan medium heat, melt 1½ tablespoons ter. Add 1¼ cups nuts (whole or l pieces of almond, blanched filberts walnuts) and cook, stirring, until are toasted and pale gold in the ce (break one to test). Add ¼ cup fir packed brown sugar and ¼ teasp ground cinnamon; continue cooking low heat, stirring, until sugar melts. mixture aside until cool, then whir portion at a time, to a coarse powder covered blender (or put through a grater); blend with 2 to 3 tablespo apricot jam or orange marmalade.

Two mops *nailed to the head create a healthy mane for this popeyed lion. Rockers can be rounded or flattened to regulate motion*

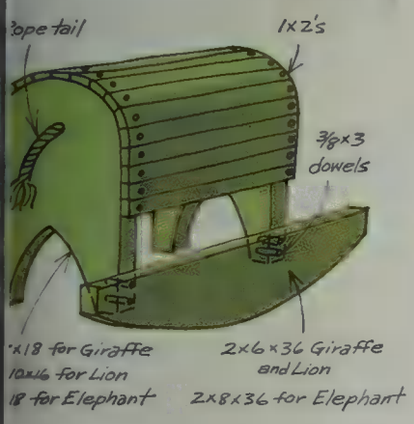
Long-necked *giraffe has 2-by-2 legs doweled to 7½-inch circles of fir. Spots are wood stain, ears are leather, and tail is rope*

DARROW M. WATT

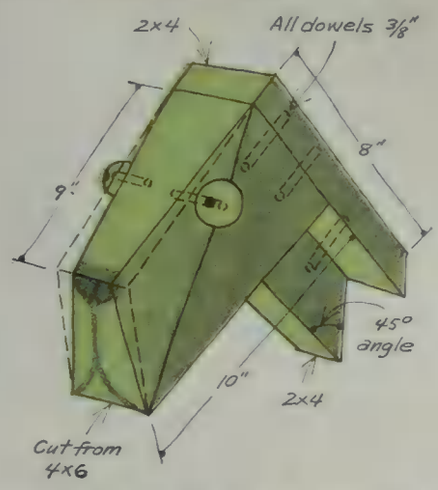
Rocking lion gives a grand ride. So do the giraffe and elephant

king animal has a special quality an capture a child's imagination ›urs. These simple rocking beasts from wood and other natural ma- create as much excitement for a as a sophisticated mechanical toy. ›onstruction method for all these ls is a simple gluing and doweling ›s that requires little skill and only hand tools. A ¼-inch drill and a saw or saber saw are the most help- ›wer tools if you have them. The we used was inexpensive, vertical Douglas fir.

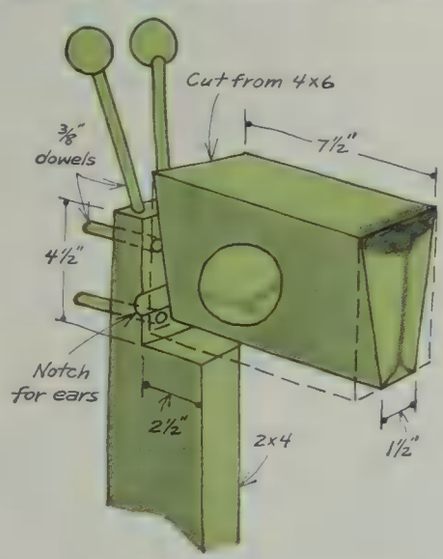
odies are basically the same for all ›imals—1½-inch-thick end pieces l to 1 by 2's with ⅜-inch dowels. ze of the end pieces varies with the



›f the animal. The giraffe body is ly different from the other animals ›se two circles form the end pieces 8-inch-long 2 by 2's form the legs. ng in the middle of the animal's join 1 by 2's to end pieces by drill- ›-inch holes; apply liberal amounts ›stic resin glue and pound 2-inch- dowels into the holes. Keep end pieces parallel to each other and perpendicular to the 1 by 2's while working around the animal's back.

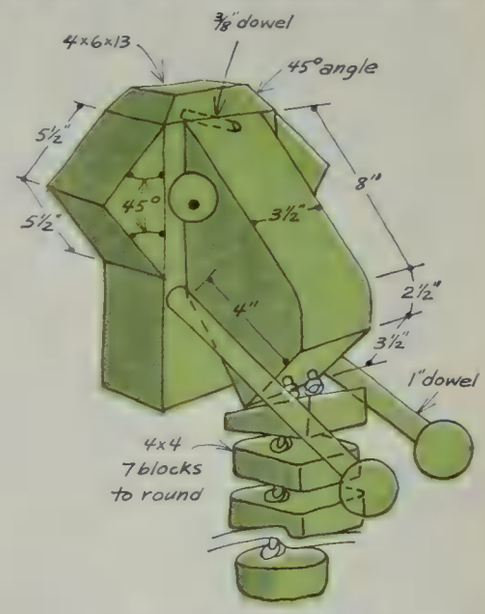


The lion's head is cut from a 4 by 6 (see drawing above). For eyes, fasten wooden pulls with dowels. Two floor mops attached with nails make the mane.



The giraffe's head, also cut from a 4-by-6 block, perches atop a 3-foot-long, 2-by-4 neck. The ears, made from a single piece of leather, are held in a slot between neck and head. Each 18-inch-long, 2-by-2 leg is joined to a rocker with two dowels and to a body end piece with two more dowels.

The elephant's head looks more complicated than the others, but simply consists of a series of 4-by-6 blocks—cut as

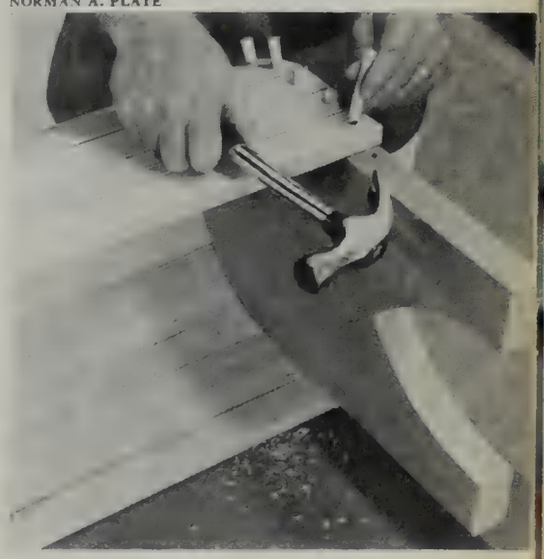


shown in drawing. The trunk is made from seven 2-inch-thick blocks cut from a 4 by 4 tapered down with saw and wood rasp until it is round at the small, bottom end. Drill two holes through each block for stringing onto ropes with knots between blocks.

Douglas fir is a relatively durable softwood, but splintering is its major drawback. So it is necessary to round all corners and do a thorough sanding job. The animals can be painted, oiled or left natural. The cost for each animal should be from $15 to $25. □

Elephant *sports floppy leather ears tacked to his 4-by-6 fir head. Swinging trunk is made from blocks of wood strung on two knotted ¼-inch ropes*

NORMAN A. PLATE



Dowels *hold 1 by 2's to 2 by 12's for elephant body. Length of 1 by 2's varies for each animal: elephant —22 inches; lion—18 inches; giraffe—16 inches*

The discovery of snowshoeing

Durable *neoprene binding has wide toe piece to keep boot from sliding forward*

Here's our report on the art, the shoes, and some places to try them out

Lone snowshoer *le distinctive tracks in snow in Mount Rainier National P Beginners fare best in terrain that is not too s*
DON NOR

Snowshoeing is often considered a strenuous sport suited mainly to hairy-chested outdoorsmen. It needn't be.

If you use modern equipment and follow a few common sense guidelines, you'll find that snowshoeing involves less physical prowess than skiing and is considerably easier to learn. But the real reward is the discovery of a new and invigorating way to enjoy the peaceful beauty of the winter woods.

Whether you plan to try it yourself or would like to buy snowshoes as a Christmas gift, here are a few things you'll need to know.

The right equipment

Snowshoes should match the hiker's physique and the snow conditions terrain he'll encounter. But finding right shoes can be a confusing exp ence. A single design may have thre four traditional names (regardless manufacturer), making it appear there are dozens of different types.

Actually, there are only five basic signs. Three are "working" snowsh developed by trappers, hunters, and team drivers to get around in snowbo country. Only two types, very m alike, are widely used for recreati snowshoeing in the mountainous We

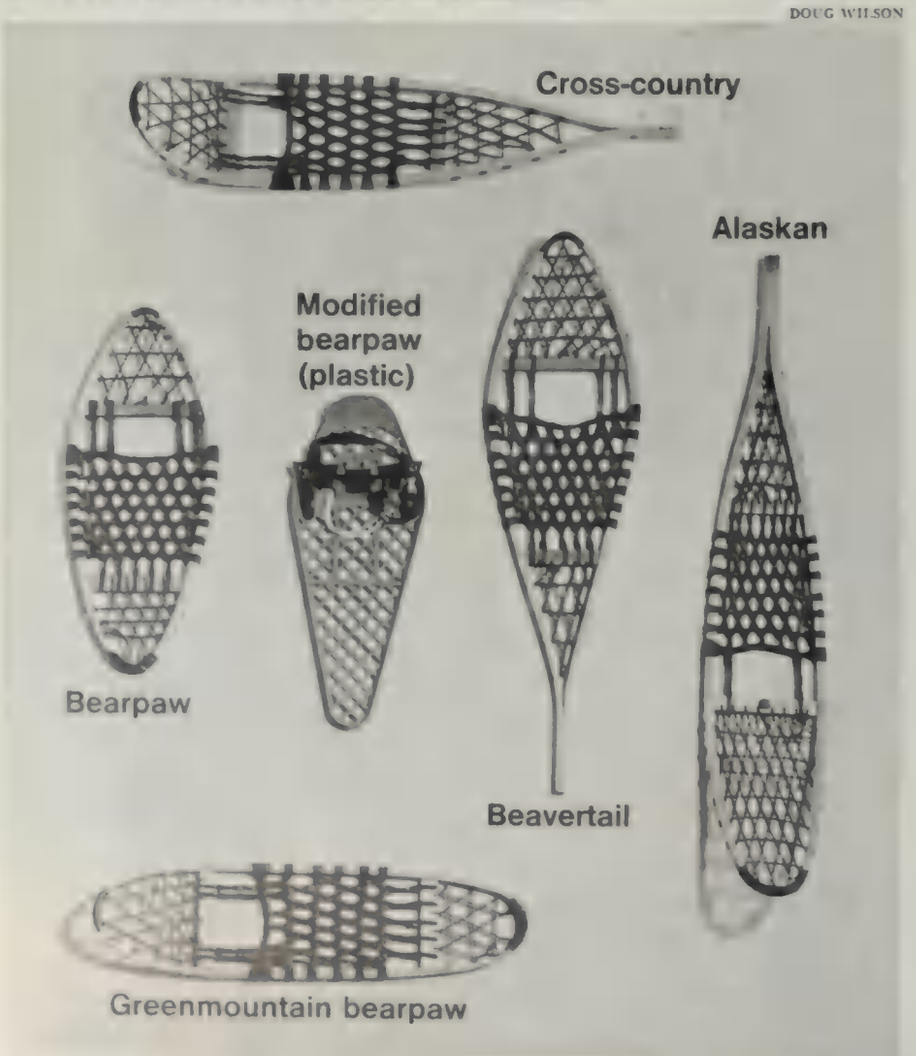
The working snowshoes—*bearpa beavertails*, and *Alaskans*—are pre able in certain specific situations may be what you need.

Bearpaws are short, flat, oval-shaped quite maneuverable in close quart But they "track" (move in a straight with the direction of the feet) poo making it difficult to stay on cou They also may be 13 inches wide more, so the short-legged hiker m "spraddle out" his legs uncomfortal The width also makes "edging in" (ting a good grip) on slopes a ch They're most often used for short t in flat, brushy country, or in heavy est where maneuverability is critical.

Beavertails (also called *Maines, Mic gans*, or *Algonquins*) are longer, have a broad teardrop shape with pointed tail and slightly upturned fr tip. Although less maneuverable th bearpaws, they track better. Like be paws they're quite wide and not reco mended for mountain travel.

Alaskans (also known as *pickerels, tra* or *Yukons*) are much longer and n rower than beavertails, with a shar upturned front and long pointed t Since they track the best and provide t greatest "flotation," Alaskans are used powder snow, and by very large perso They're suitable for long trips in fl

Snowshoes *come in different shapes for varying types of snow and terrain. Here are five standard designs and a new plastic model*
DOUG WILSON



open country, but they are the heaviest and least maneuverable, so they can be exhausting.

The two modern recreational designs incorporate the characteristics of traditional models most useful for mountain travel, and they minimize the liabilities:

The *Greenmountain bearpaw* (sometimes called *otter*) combines the maneuverability of standard bearpaws with the narrower frame of the Alaskan for better tracking and edging. The standard shoe of this type measures 10 by 36 inches, with rounded tail and tip and slightly upturned front—recommended for hikers up to about 200 pounds. Similar designs include the *Westover bearpaw* and the *Cascade*.

The *cross-country* snowshoe is nearly identical to the Greenmountain bearpaw, but is longer and has a pointed tail for better tracking. The standard 10 by 46-inch size can support hikers well over 200 pounds.

All these snowshoes have wooden frames and webbing of either varnished rawhide or nylon-reinforced neoprene, a synthetic rubber. Neoprene is somewhat lighter than rawhide, slightly more expensive, quite durable, and tends to stretch less. These snowshoe models each cost about $35 to $45 and are generally available in mountain shops and sporting goods stores in major cities throughout the West.

New one-piece, molded plastic snowshoes, generally in modified bearpaw design, are cheaper than standard models, but some experienced snowshoers believe they're less durable. Normally sold with a built-in binding, they should cost about $25.

Snowshoe bindings are usually purchased separately and range from $5 to $20. There are several models of rawhide, canvas, and nylon-reinforced neoprene. Neoprene models seem to be the most popular; they're relatively inexpensive, durable, lightweight, and stretch very little.

The same stores that sell snowshoes may also rent them, usually from $3 to $5 a weekend. Supply often falls short of demand by week's end, however, so rent yours early. Be sure they're in good repair, with complete bindings.

While snowshoeing you should carry one or two ski poles or an ice ax fitted with a large ski pole basket (6 to 8-inch diameter) for balance and for righting yourself after a spill. If you're giving snowshoes as a gift, you may want to include an inexpensive set of ski poles.

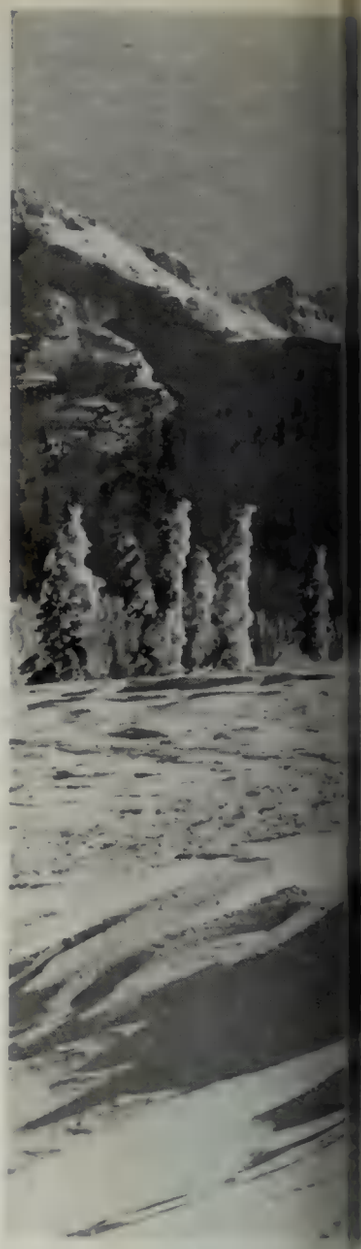
Terrain

Look for relatively flat terrain where you can develop stability and the feel of walking with snowshoes.

Avoid snowshoeing in brushy or heavily forested country, in avalanche zones, or near streams, which can be difficult or dangerous to get around.

Weather

Since having fun is what easy snowshoe-



Snowshoes *are easily transported. They can be lashed to most car ski racks*

Fallen snowshoer *sinks deeply, gets up with assist from friends and his ice ax with basket attachment*

Hiker *is wearing a popular recreational snowshoe, the Greenmountain bearpaw. Waterproof gloves and ice ax with ski pole basket are important accouterments*

DON NORMARK

Skiing *snowshoer enjoys brief downhill run. But if he catches a tip or if foot slips from binding he may have a bad spill*

If one joy of skiing is speed, one joy of snowshoeing is going slow

; all about, you won't usually ven- out in a blizzard or any other wet indy weather. Be sure to consult ıtain weather reports before leaving :. The snowshoers pictured here had at time at about 10°. But they were ed for the cold, it was a sunny day, here was no wind.

: to wear

shoers obviously need to dress for weather, preferably with layers of or down clothing, including a warm nd waterproof gloves, and topped water and wind-resistant parka. lasses, sunburn lotion, and map and ass are essential. And it's advisable ke an extra pair of dry wool socks. ıre to carry some water; snow is to melt.

Any boots (other than ski boots) that stay warm and dry in snow will work with snowshoes. Make sure they do not have sharp projections that might cut the snowshoe webbing.

Where to snowshoe

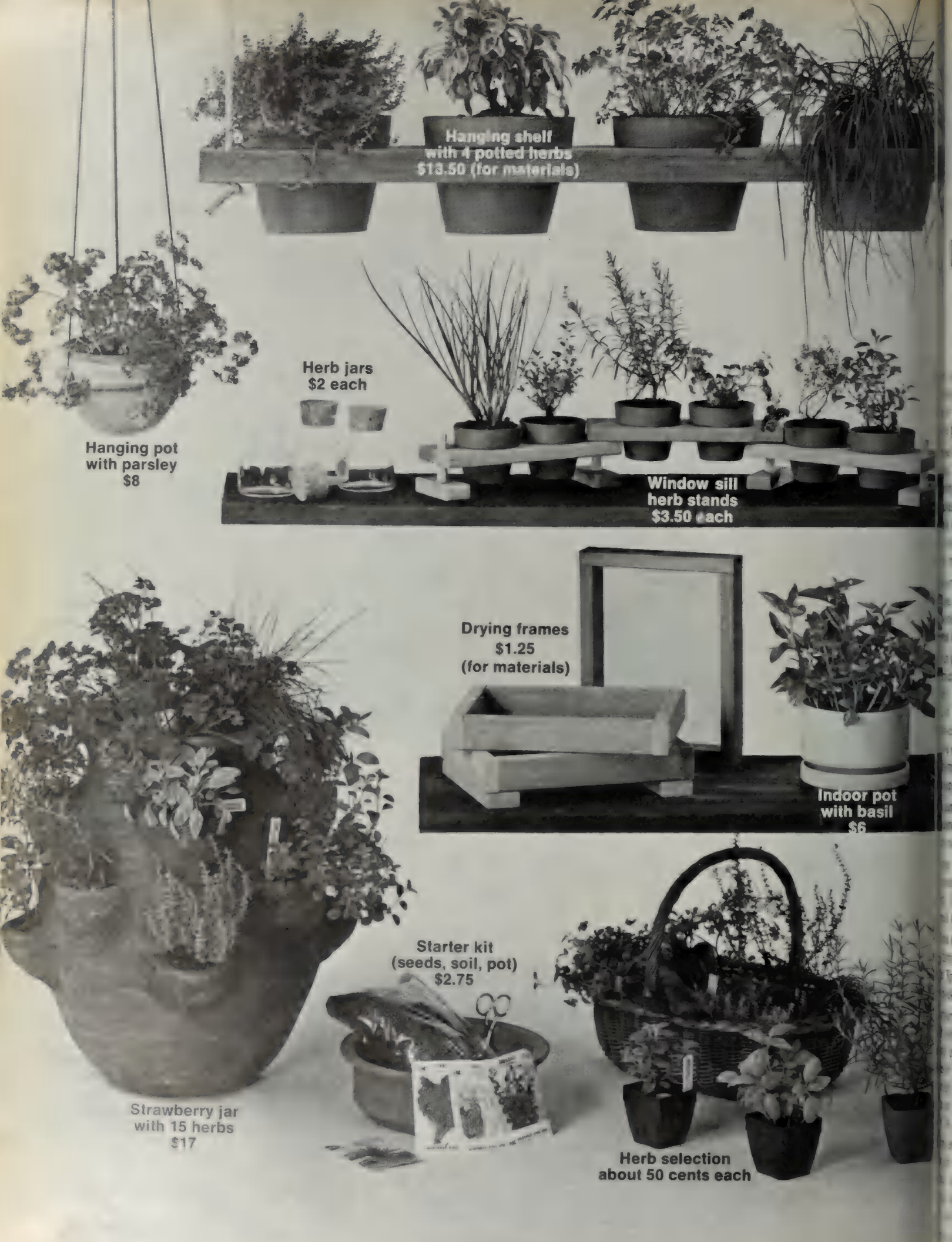
For beginners, local ski resorts are usually good base camps for short snowshoe trips. Find the most level and open area you can, away from skiers.

For less crowded conditions, try national forest logging roads or mountain passes closed to auto traffic in winter. Be sure the road you've chosen is closed to snowmobiles and free of avalanches.

National park and forest recreation areas at or above timberline are sometimes accessible year around on plowed all-weather roads. This open country is good for beginners on calm winter days, but when it's windy the lack of a protective tree cover can make it too cold.

At Sequoia National Park, you can take ranger-guided, 2-hour snowshoe hikes on Saturday afternoons and Sunday mornings—scenic nature tours that include basic snowshoeing instruction. Phone the visitor center—(209) 565-3364 for reservations; tours leave from the cafeteria at Grant Forest Village. There's no charge for the tour or for park-loaned snowshoes.

At Yosemite National Park, you can rent snowshoes for $3 a day at the Mountain Shop in Yosemite Village. Also available is a 50-cent snow-trail map which shows you the best places to go. Park authorities ask that you stay off trails especially prepared for cross-country skiers. □



DARROW M. WA

Nine gift ideas *for cooks who use herbs: herb plants in containers, seeds, frames fo drying herb leaves, jars for storing them. There's a 7-foot-tall gift on opposite pag*

Gifts for a good cook

Kitchen plants that will go outside the kitchen door

s are practically foolproof gifts for anyone interested ooking and gardening. They're easy to grow and useful or dried in the kitchen. And, as you can see here, herbs e presented and grown in attractive ways.

se from a variety of herb plants and seeds. For a hang- ot, use marjoram, oregano, trailing rosemary, lemon or r thyme, winter savory, or parsley. Choose a pot at least ches deep with a drainage hole. Other cooking herbs lly available in winter are chives, sage, English thyme, winter savory. In cold-winter areas, varieties of sage and e may be the only herbs available.

loors, sweet basil is an annual that normally dies in fall, you can sow seeds or pot nursery plants, if available, to indoors. Seeds germinate in six days; plants are ready to est in about six weeks.

an unusual gift, consider something like a sweet bay tree nically not an herb but very useful in stews and other s). The one shown at right is a 15-gallon-can size for it makes a handsome garden or container plant. A n-can size costs about $3. Sweet bay is tender, but will ive several degrees of frost if planted in a protected area. fornia bay or Oregon myrtle (*Umbellularia californica*) supplies cooking leaves and is a good garden tree.

can plant herbs in a variety of containers. Strawberry come in many sizes, for use indoors or out, for $3 to $13. y nurseries carry them already planted with herbs.

rge strawberry jar like the one with 12 pockets shown at needs a tube down the center to get water to the lower ts. Use perforated plastic pipe with the bottom end ed to keep water from running out too quickly.

the strawberry jar with potting soil up to the lowest pock- firm the soil, and plant—from the inside—as shown at t. Spread roots inside pot—don't try to cram them all into pocket. Finish filling pockets from the outside.

ther way to give an herb collection is to make a plant f (shown above left). In a knot-free redwood or cedar d, cut circular holes to fit snugly beneath pot rims. Drill s in each corner of the board, pass the ends of two ropes ugh them and knot the ends firmly. This gives a loop of at each end of the shelf to hang from eaves or a patio . A 3-foot-long 2 by 12 holds four 7-inch pots.

bs eventually need pots at least 5 inches wide to grow big gh for frequent picking, but small pots and window sill ds make pretty gifts until plants outgrow them. The ds shown here are sold as kits consisting of stand, pots, and herb seeds. Other similar kits are available.

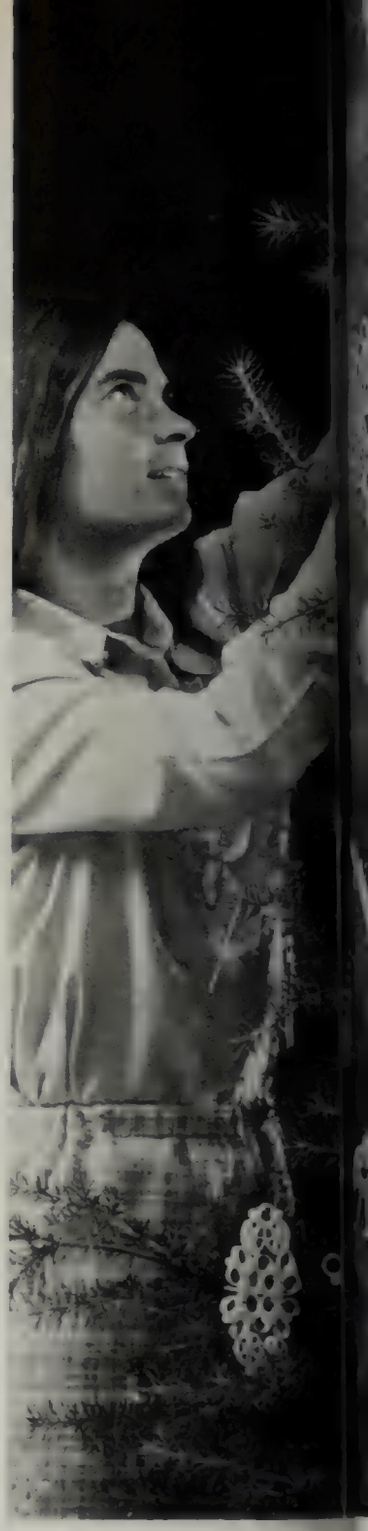
a cook who already grows herbs, you can make drying s of window screen framed with 1 by 2-inch wood. Raise bottom rack on two pieces of wood to let air circulate ly. Frames shown are 8 by 9 inches. □

A 7-foot *sweet bay (Laurus nobilis) is hard to gift wrap—you could buy a smaller one. Grow in container or ground. Use its dried leaves to flavor food*

Plant *strawberry jar from the inside, bottom pockets to top. Cover leaves with plastic bag to ease them through pocket. Leave most of the roots inside the jar*

We nominate as
Christmas art for 1972:

Noodle gluing



DARROW M. WATT

Elbow *macaroni and little ditali noodles help brace the joints of these stars*

Snowflakes, *Santas, butterflies and autos —all of pasta. Black thread holds ornaments invisibly*

Pasta *pièce de résistance is a lasagne-winged biplane with manicotti fuselage*

Here *are the 20 kinds of pasta used to make our ornaments. A—fettuce. B—tagliarini. C—spaghetti. D—fusilli. E—elbow macaroni. F—cresto di gallo. G—rigatoni. H—lasagne. I—spaghetti rings. J—manicotti. K—rigatoni. L—bow ties. M—wagon wheels. N—ditali. O—ditali. P—fusilli. Q—large shell macaroni. R—small shell macaroni. S—gnocchi. T—ciocca di capellini*

rted noodles, white glue, wax paper, a little imagination are all you need ransform pasta into Christmas tree ments that are lacy, whimsical, and unusual. They're easy to make and pensive. Since they dry in about two rs, they might make a good family ect on Christmas Eve.

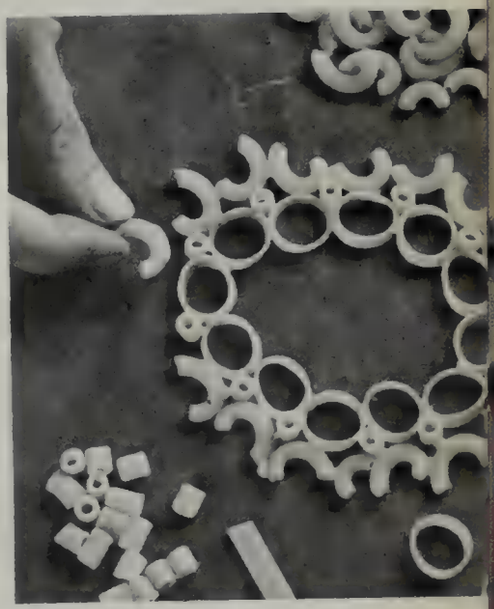
ermarkets can supply many shapes, Italian delicatessens have some more ic shapes. Pasta comes in seemingly ess variety. We used 20 kinds of a (shown in the photograph at right, ve) to make more than 50 different vidual ornaments.

istruct each ornament on a separate e of wax paper to avoid gluing dily to your work surface. As you fineach ornament, set it aside on the wax paper to dry. (Paper peels off when ornament is dry.)

To join pieces of pasta, white glue works best because its water base melts each piece slightly, forming a "welded" joint. Use a toothpick or piece of fettuce to dab small amounts of glue on each joint. Excess glue will dry to a clear puddle.

Joints are strongest with broad points of contact, so where pieces have little contact surface, add smaller pieces to act as braces. Simple elbow macaroni and ditali are good for bracing.

Dry ornaments are fragile, but they might last several seasons if stored in boxes between layers of tissue paper. Broken pieces can easily be restored with more pasta. Store extra pasta with ornaments for future repairs. □



Design-as-you-go *ornaments are done on wax paper. Dabs of white glue hold pieces in place*

Screened *wire disk rests on fry pan, protects cook, cooktop, and counter when meat spatters. From $2 to $5*

Collapsible *wire basket spins water off lettuce fast. Place basket in sink; raise and lower knob to rotate basket. About $6*

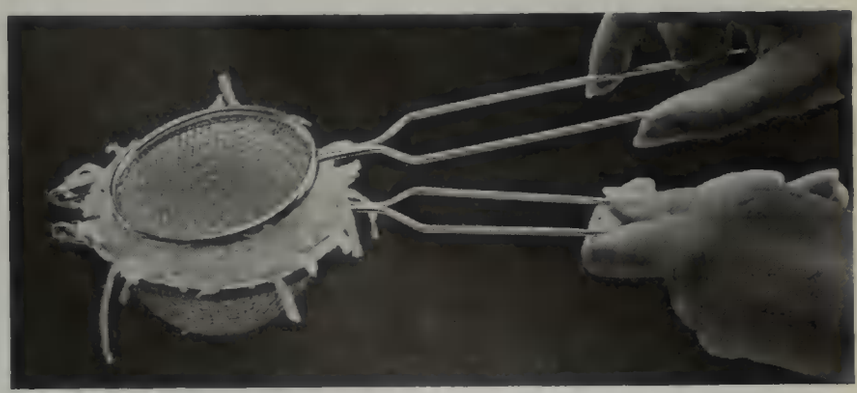
DARROW M. WATT

Surprise her with wireware?

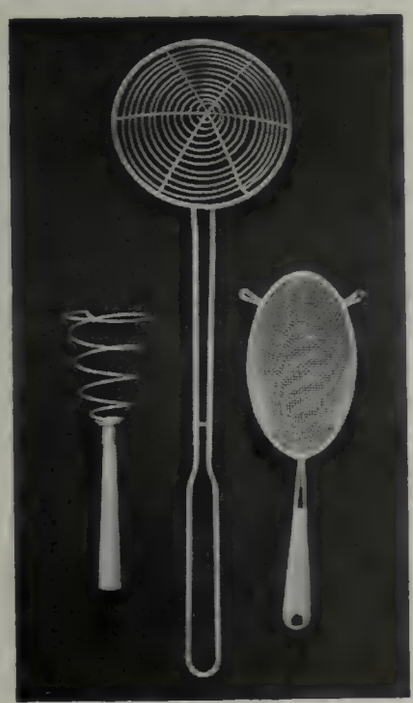
Why not? Wire tools for the cook are sophisticated, useful, often quite inexpensive

ınt *wire cooler.*
s container inside
; ice—or
ers. Costs $17.50

Potato nest *maker secures shredded potato pieces for deep fat frying. Costs $6.50 for 3-inch-diameter nest, more for larger ones*



Standing *sieve. Neat wire legs allow slow draining. About $2*



Left: *wire whisk for sauces, $1. Center: skimmer for poaching or frying, $2.75. Right: oval gravy strainer, $1.50*

Fanciful *wire pyramid for eggs that are soft-cooked, hard-cooked, or blown out for decoration. Flowers add whimsy. Costs $10 to $15*

art of creating splendid cookware from wire probably ted with the French. At least we give them the credit for inating some of the most useful and delightful pieces ıd in shops today. They range from classic wire whisks to ıy special-purpose pieces, some of which you see in our tographs.

l designed wireware has a sculptural quality all its own. l the openwork lets you enjoy the beauty of the food 're cooking or serving.

eware pieces not pictured here include giant racks for ling sheet cakes; oversized wire baskets for displaying such ds as onions, potatoes, and fruit on a kitchen counter or ng room table; and wire-footed racks for barbecuing ›le fish over coals in the European fashion.

inary specialty shops have an excellent selection of wire-e pieces. Department stores carry them in their gourmet hen and kitchen gadget sections. You may find one that ıld make an ideal gift. □

GERALD R. FREDRICK

Lightly *score fold lines of decorated house with razor blade and fold into a cooky box*

Colorful cardboard houses make goo packages for gifts of homemade cooki or candy. You might send friends hon with a model of their own house th they'll want to keep even after the trea inside are eaten.

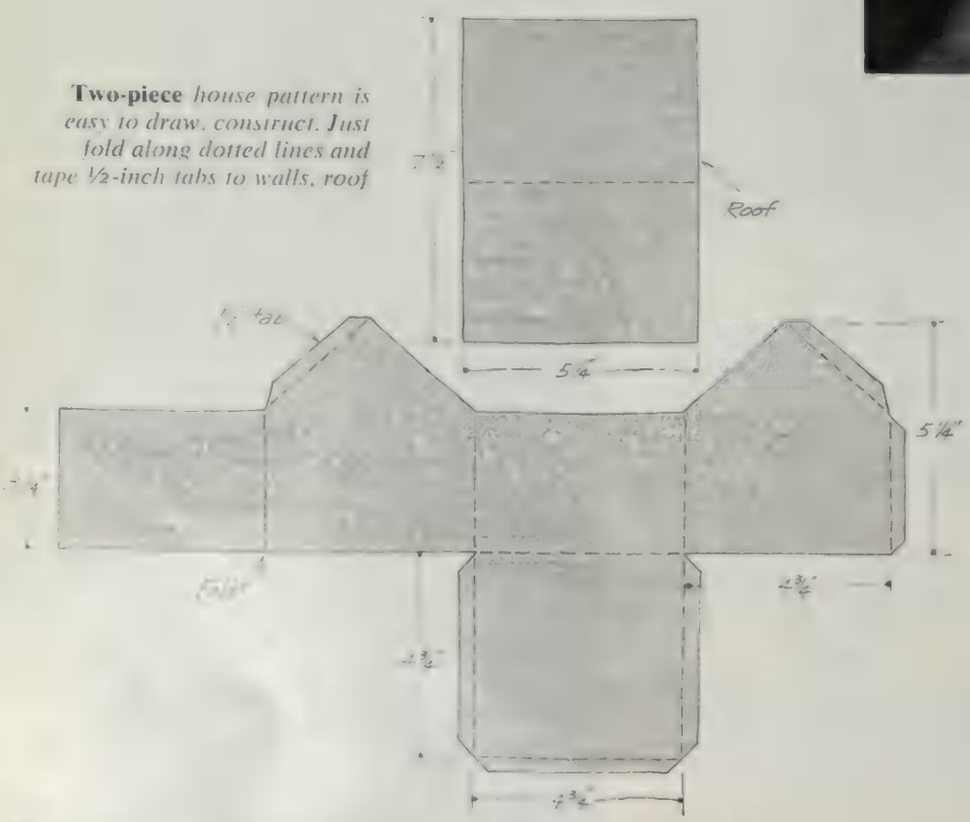
Making houses from the basic patte below will appeal to amateur architec of all ages.

You'll need a large sheet of heavy pap or lightweight cardboard, a ruler, penc scissors, razor blade, masking or cell phane tape, and an assortment of co ored felt-tipped pens. For each hous you'll also need a 12 by 20-inch sheet c lightweight cardboard and a 16-inc length of heavy yarn.

Cardboard houses with Christmas cookies inside

Cookies *nestle in house line with foil. Roof flaps ope to reveal treats insid*

Two-piece *house pattern is easy to draw, construct. Just fold along dotted lines and tape ½-inch tabs to walls, roof*



On the heavy paper or cardboard draw the house pattern below and cut it out; this is your master pattern. Place it over the 12 by 20-inch cardboard and trace it. Cut out house and roof.

Now decorate with felt-tipped pens. You might make a schoolhouse, barn, greenhouse, or Santa's workshop. Lightly score fold lines with a razor blade and fold the house into shape (fold roof in half); secure with tape.

To attach yarn handle, poke a hole through the house's two low walls. Slip yarn through the holes and tie a knot in each end inside the house.

Before filling with cookies or candy, line box with foil or clear plastic film. □

Dr. Crawford, you hardly have time to read all the medical journals. alone the financial journals.

taking care of your nts leave you enough to take care of your tments? Probably not. ; Fargo has a special of professional invest- managers. Men who s thoroughly trained in field as you are in yours.

moderate fee (which ually tax-deductible), can place your assets in care in the form of a cable living trust. You etain as much or as control as you like. But l be relieved of a lot of y. And a lot of record-keeping. You might even find you have some spare time for a change.

What happens if you get sick? One of the principal advantages of a living trust is that it provides uninterrupted management of your assets. (Even if you're just away on a long vacation, it's good to know that there's someone looking after your investments.)

A living trust is also completely flexible. Your assets remain available to you at anytime during your lifetime. Because virtually any kind of property may be added or removed from the trust on your instruction. And the investment objectives or distribution of income can be changed at any time.

How a living trust can supplement a will. In the event of your death, the administration of a living trust can be continued uninterrupted for the benefit of your heirs. The delays —and expense—involved before your will can be probated or your trustees can establish a source of income, are avoided. Equally important, there are a number of ways in which a living trust can help to minimize estate taxes.

Take a little time now. It may save you a lot of time later. Your nearest Wells Fargo Bank will be glad to arrange a meeting with a trust specialist. Or, if you'd like some literature detailing the advantages of living trusts, call Dudley Burton at (213) 683-7040 in Los Angeles. Or Richard Hayman at (415) 396-4246 in San Francisco.

A Wells Fargo Bank living trust. It gives you one thing less to worry about.

Member F. D. I. C.

Make a festive old-fashioned Christmas with Jolly Time Pop Corn

String out your holiday fun with old time joy at Christmas. You can have a ball, fancy up the tree with your own creations in Pop Corn.

Pop corn strings, balls, cones, in many colors, are easy to make, easy to have, and fun all the way.

FREE RECIPE BOOKLET
Send your name and address to us, for the new recipe booklet, free. You can enjoy Jolly Time so many ways, so many times, at so little cost. Enjoy the best Pop Corn—Jolly Time, from your supermarket.

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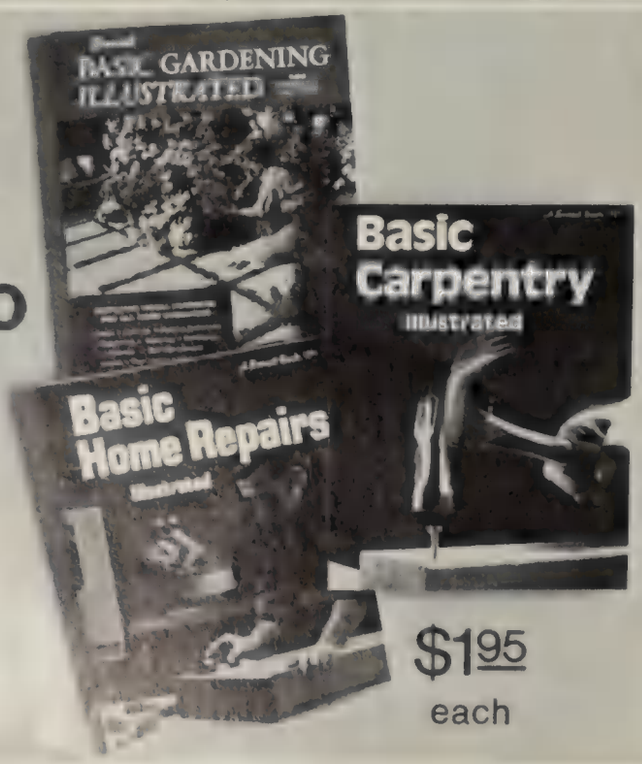
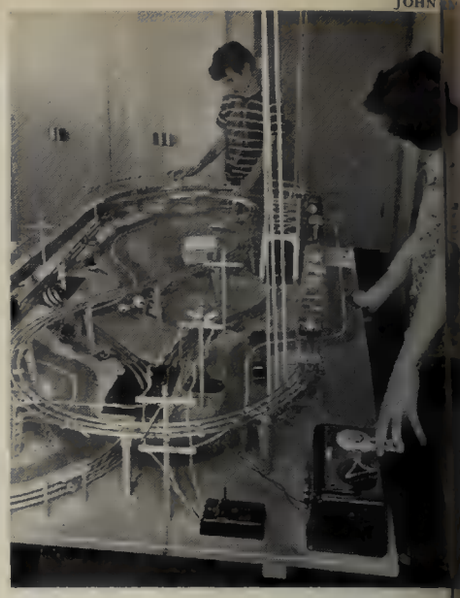
Getting down to basics



$1.95 each



For use, *train board is lowered by ropes*

Ropes lift the train board

Where to store a new model train is a traditional post-Christmas problem. This pulley arrangement keeps the train board out of the way and lets the owners set it up quickly whenever they want.

The entire board-mounted layout is raised for storage against the family-room ceiling with a handcranked boat trailer winch ($6 from a mail order department store). The winch is screwed into the studs of a wall corner so the crank can turn freely. A single-wheel pulley and an eyebolt are attached near each corner of the train board. Four double-wheel pulleys are held to ceiling beams with screw-in hooks.

Each of four ropes runs from the winch through one wheel of an overhead pulley, down through the corresponding board-mounted pulley, up through the second wheel of the ceiling pulley, then down again to attach to the eyebolt. The ropes can be removed from the lower board, which rests on sawhorses.

Owner is Thomas Tomasi of Santa Rosa, California.

Winch *raises board, working through pulleys on board, rafters*

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The sterling silver Parker 75 Classic Ball Pen. Give it to someone who's economy-minded.

The Parker 75 Classic Ball Pen metimes overwhelms people who t it as a gift. It looks a good deal ore expensive than the $12 it costs. ople tend to say "But you *ouldn't* have."

So, calmly point out the economy atures of this obviously extravagant n.

Tell the person who gets it that he'll ver have to buy another ball pen er. Because we guarantee this one ainst defects for the owner's life- ne, or we'll repair or replace it—free.

Tell him that the 75 Classic writes better months longer than the ordinary ballpoint—three times longer—and then refills with a cartridge for months more writing.

Most important, ask him what price he puts on exasperation. In this area, the 75 Classic costs nothing. It starts writing instantly, and puts down a crisp track at less than four ounces of pressure. That's because the ball in the tip is microscopically textured to glide effortlessly.

What price does he put on pleasure? Here's where this pen really delivers. That slim, solid sterling silver case isn't just for show. It gives the pen the proper heft and balance in the hand. He'll write comfortably with it for hours.

After you've convinced him what an economical gift you've given him, why not go back to the store and buy another for yourself? After all, you're economy-minded too.

PARKER
Maker of the world's most wanted pens

The sterling silver Parker 75 Classic Ball Pen is $12. With matching Cartridge Pencil, $24. A memorable gift for personal or business friends. Other fine Parker pens to own or give from the $1.98 Jotter Ball Pen to the $150 Parker 75 Presidential Pen.

Building a fireplace fire

Building a fire in a fireplace looks easy enough. But it's surprising how often the attempt can go wrong if the firebuilder is inexperienced or careless. This review of the fundamentals may help ensure some well burning fires during your holiday activities.

Choosing firewood

The harder woods such as oak, eucalyptus, alder, madrone (or madrona), and the wood of most fruit trees are long-burning and provide a hot, steady fire. The softer, resinous woods of pine, cedar, and other conifers may kindle easily, but burn down rapidly with a chorus of pops and snaps. In general, a cord of hardwood will last about 1½ times as long as a cord of the livelier burning softwoods.

Firewood is usually sold by the "standard" cord, or by the "face," or half-cord. A standard cord is a 128-cubic-foot stack of logs piled 4 feet high, 8 feet across, and 4 feet deep.

Prices for a cord of hardwood in the West usually range from $60 to $70, although in some areas of the West w re firewood is not just a luxury, a cord a sell for as little as $40. For sporadic re place use you may prefer half-cords B sure to ask whether delivery and st k ing charges are included in the cr price. See that the wood is split and vll seasoned if you wish to use it imm li ately. Ideally it should have been cut preceding winter or spring and seasc through the summer and fall. Woo still green if it looks freshly cut or sh moisture when struck with a hamme

Laying a good fire

First open the damper (if you kee closed when the fireplace is not in use prevent heat loss from the house). fire should be laid on andirons to prev logs from rolling and so that air reach the fire from below. The ash should be about an inch beneath andirons—for a good fire it's not de able to remove all the ashes.

This is one of several good ways to the fire:

Put several sheets of crumpled or twis newspaper in the center of the firepla then crisscross several sticks of kindl on top of the paper. Kindling should any fast-burning wood, split to ab one or two-fingers width. Place th fairly small logs over the kindling, on top of the other two, split sides do The three logs confine the heat to heart of the pile, each radiating heat the other. But don't stack them so tigh that the fire can't escape upward a burn freely.

Just before you light the fire, you c start a good draft up the chimney lighting a crumpled sheet of newspa placed on top of the logs. Then light paper beneath the kindling.

If your fireplace lets smoke into room, open a window so the fire c draw more air to sustain an updraft.

Many people lay the fire in different p terns according to their needs. A lar log, placed near the back of the firepla with smaller logs burning in front of will radiate heat into the room. Or, the room tends to overheat, build smaller fire behind a large log plac near the front of the andirons.

The screen should remain closed unl you closely watch the fire and are bur ing a hardwood that won't throw spark Don't burn wrapping paper during t holiday season; flames can become su prisingly large and scraps of burni paper might be carried to the roof by t updraft. Repeated use of your firepla as an incinerator will fill the flue a smoke shelf with soot.

If you go to bed before the fire h burned down, stand the remaining lo in the back corners of the firepla They'll usually go out quickly and usable for the next fire.

© Sony Corp. of America. Visit our Showroom, 714 Fifth Ave., New York, N.Y. TV picture simulated.

"I've been playing this Trinitron 18 hours a day, 7 days a week, for almost 3 years."

Jim Rogers, Transmitter Supervisor, TV Channel 40, Sacramento, Calif.

It's not that I'm some kind of TV nut. It's my job.

As transmitter supervisor for our TV station, I've got to see that the picture we put out ver the air is sharp and clear. So, when Sony first came out with their Trinitron® color TV back in ıe fall of '69, we bought one to use as a monitor in our control room.

The Sony Trinitron had the brightest, sharpest, cleanest picture we could find. We gured if anything was wrong with the picture, it had to be our transmission.

We kept the Sony running the entire time we were on the air—18 hours a day, 7 days a veek. Often we didn't bother to turn it off at all, so it was running around the clock.

It got to be kind of a game with the crew. Will it ever break down? It never did.

A few months ago, we had to replace all our monitoring equipment because of new Government regulations.

But I couldn't bear to part from the Sony. I took it home

I replaced two transistors—the only repair the set has ever needed. And it wouldn't ave needed *that* if it had been playing in someone's home. Where it sat, boxed in among power quipment, was like playing in an oven.

By now it has about 18,000 hours on it. For an ordinary person—watching, say, 4 ours a day—that would come out to 12 years!

I've never seen a set stand up like that, and you can quote me.

SONY. Ask anyone.

The Trinitron now comes in 9", 12", 15" and 17"-diagonal screen sizes.

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[illegible] and polishes, and where to buy them, write to the [illegible] & Son, Inc., Box 366, Racine, Wisc. 53403

DARROW M. WATT

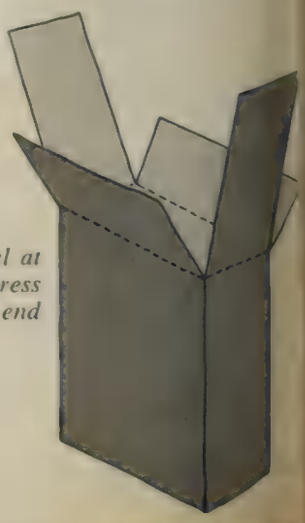
Vinyl-covered *boxes are lightweight, washable, hurt nothing when they topple*

Leftover boxes make a tower

It's rather grand to build a giant towe of blocks, especially if you're only a toc dler and can barely reach to get the las piece on top. It's equally fun to plov into the structure and send everythin crashing to the floor.

These large-scale building blocks are jus cardboard boxes of all sizes that yo might find anywhere in your house. A great time to gather some together coul well be Christmas day. Covering then with vinyl (and then playing with them can be a good children's party game.

A box with a lid that completely cover the side of the box is particularly stron and gives a smooth surface for stretchin the vinyl. Self-adhesive vinyl (about 5 cents a yard, 18 inches wide) comes in a variety of colors and patterns.



Cut *vinyl at corners; press down on box end*

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PRICED UNDER **$3700.***

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*Manufacturer's Suggested Retail Price for the Century Luxus includes vinyl top, bucket seats, whitewall tires and deluxe wheelcovers, outside rear-view mirror, protective moldings, bumper strips, bumper guards, and dealer new vehicle preparation charge. Other options, state and local taxes and destination charges are additional.

goes
4-channel.

Now hear beautifully balanced 4-channel stereo wherever you sit in the room. Four Zenith Dual-Dimension Circle of Sound® speakers drive the sound up, down, and all around. You're surrounded by a whole new kind of stereo presence from "matrix" 4-channel or regular 2-channel stereo records. Hear *The Iliad*-4, model D715W, at your Zenith dealer's.

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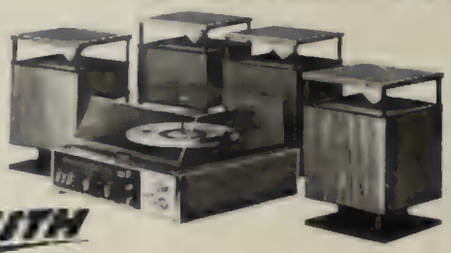

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DARROW M. WATT

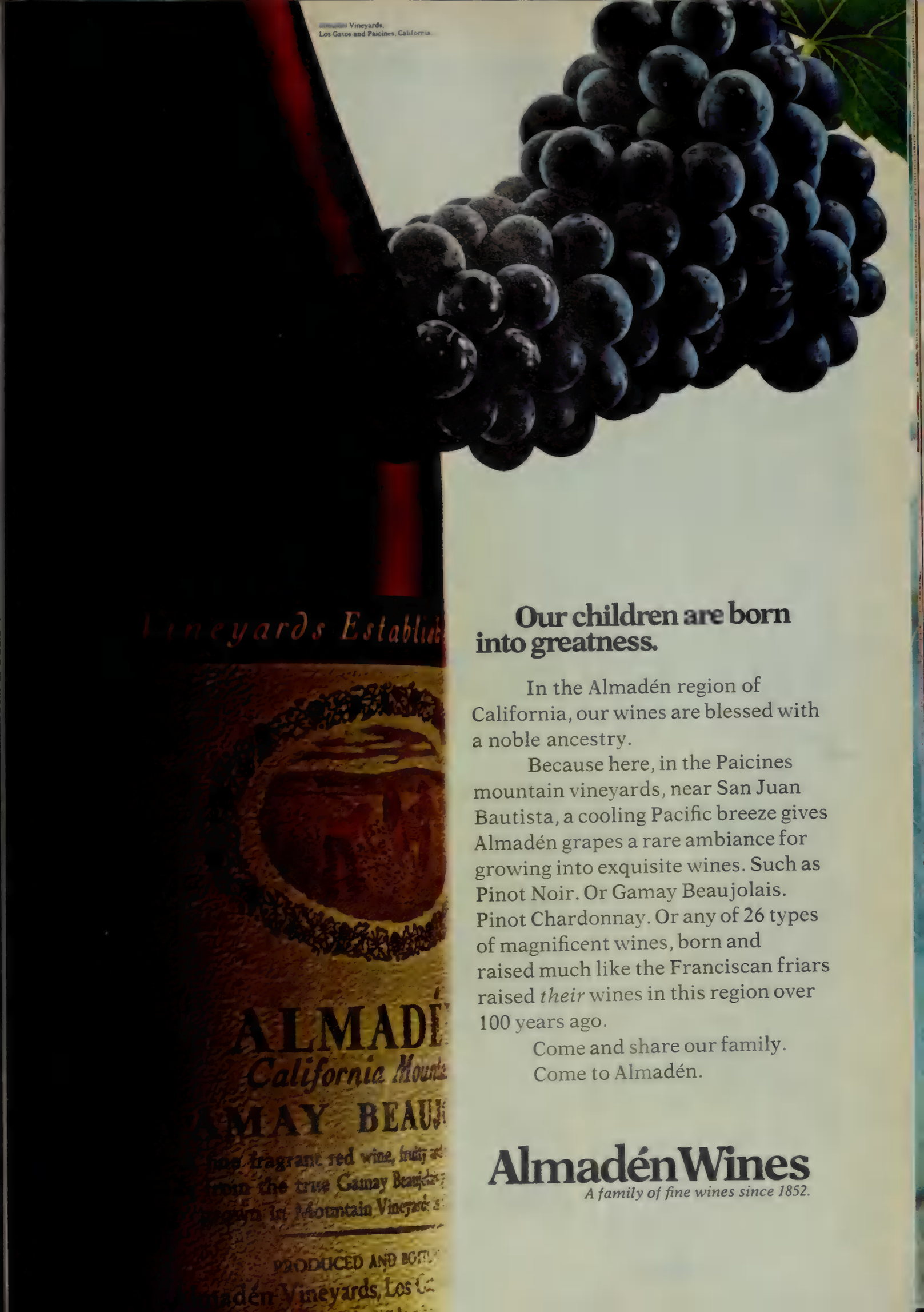
Shimmering *glass icicles dangle from Christmas tree branches*

Adding shimmer to the tree

These shining glass ornaments are righ out of a chemistry lab. Hang them nea the lights on your tree or, for extra shim mer, focus a spotlight or two on then from the floor.

We used 7-millimeter (outside diameter soft glass tubing (about 10 cents a foot) Look under "Glass" in the yellow page to find a source. Score tube with a three cornered file and snap off a short length The raw edge can be smoothed with emery paper. Insert a 2½-inch-long sil ver hairpin into the tube (you can shorten pins with a wire cutter). Hang with ornament hanger, or loop hairpin over a branch and insert into glass tube. □

Score *the glass tubing; then snap it off*



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Come and share our family.
Come to Almadén.

Almadén Wines
A family of fine wines since 1852.

MOUSE TRAPS

are the best way to kill mice. Right?

WRONG!

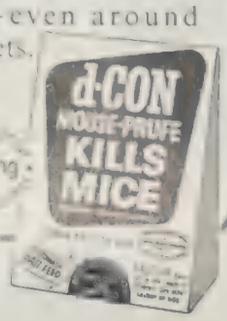
It's a fact, that mouse traps can cause more problems than they solve. If a trap does not accomplish a quick, clean kill, the job of "finishing off" the injured mouse is up to you. Or—if the trap happens to hit the mouse's tail or leg, he may hobble off, dragging the trap into the wall. But not with d-Con® MOUSE-PRUFE®...

MOUSE-PRUFE IS CLEANER. No disease-carrying, messy mouse traps around the house . . . no handling mice. And no disposal problems.

MOUSE-PRUFE IS EASIER. Just pull tab on the package and bait feeds automatically. Mice eat 'til they've had enough—and disappear from sight!

MOUSE-PRUFE IS SURER. Because mice always come in family groups, one trap is not enough. But one package of MOUSE-PRUFE can do the job of two, three, or more traps.

MOUSE-PRUFE contains no violent poisons, so it's safe when used as directed—even around children and pets.



DARROW M. WATT

Balsa snowflakes *are lightweight, decorative*

Snowflakes in balsa wood

Flower *ornament has circular backing stained for contrast. Face (with painted features) and wreath are of balsa left natural*

Natural wood ornaments popular in Germany and Scandinavia inspired these simpler versions made of balsa wood. Though the snowflakes above look intricate, they're surprisingly easy and inexpensive to make. Even simpler are the balsa circle ornaments at left; their uncomplicated designs are made of odd balsa pieces attached with white glue.

The balsa wood you'll need is available in most hobby shops in 36-inch-long strips. A 6-inch-wide strip costs about $1.20 and makes six snowflakes 6 inches in diameter. A 4-inch-wide strip, about 60 cents, makes nine snowflakes 4 inches in diameter. Choose balsa that isn't too thick—$\frac{1}{16}$-inch and $\frac{1}{32}$-inch-thick pieces were used for these ornaments. The thinner it is, the easier it is to cut.

Start with a 6-inch or 4-inch square piece of paper, depending on the width of your balsa. For snowflakes like those above, use the diagram on page 92. Or

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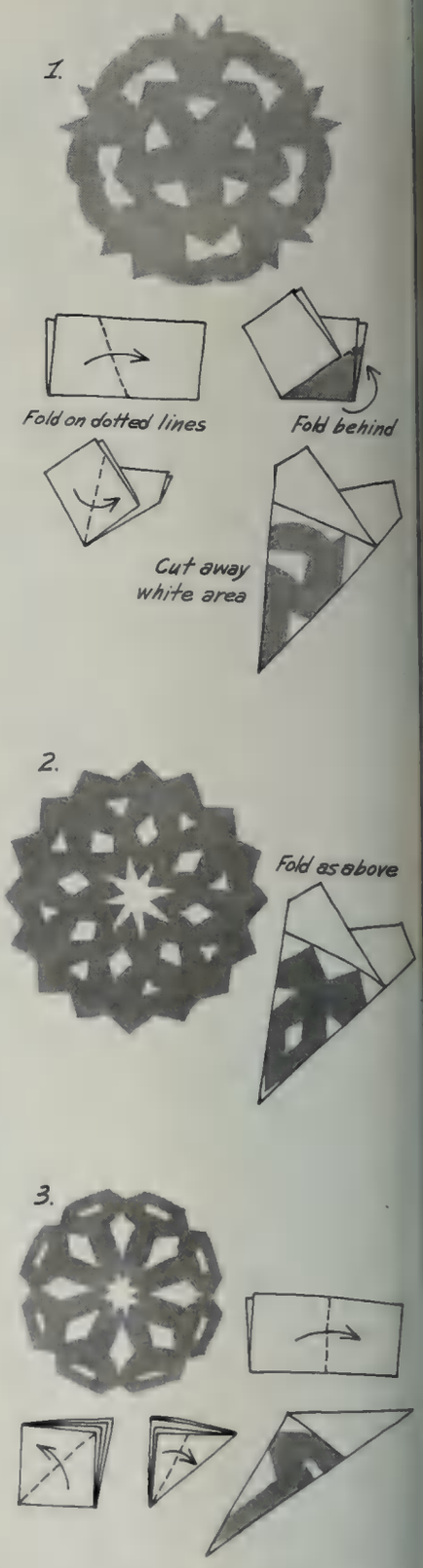

try your own patterns.

Place pattern on balsa strip and trace lightly around it with a sharp pencil. Cut out the snowflake with a single-edged blade. A word of caution: Balsa wood is so fragile it will break while you're cutting if your design is too intricate or the snowflake points are too thin.

Punch a hole near the top with a sharp object and secure with strong thread.

To color ornaments without covering wood grain, use wide-tipped felt markers or wood stain. □

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Dream a little longer. This is No-Iron Ultracale.
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Christmas

We wish you a Merry Christmas. And we hope that your Master Charge® card will prove useful in giving you the choice to shop all over until you find just the right thing, for just the right person. Master Charge. Accepted all over town, all over America.

Travel light.

Do it right with a new Kodak pocket Instamatic 60 camera. The one that won't weigh you down, yet gives you all the features you could ask for.

Like the built-in automatic exposure control for taking pictures indoors and out. Plus a superb f/2.7 Ektar lens. Even a coupled rangefinder for extra-precise focusing. And it uses self-powered magicubes for flash.

The Pocket 60 takes the new little drop-in film cartridge. You get big, sharp 3½ x 4½-inch color prints. Or color slides.

To show these new small slides, there are new Kodak pocket Carousel projectors. (You can also get adapters to show them on any 2 x 2 projector.) These new Pocket projectors, in stylish black with wood-grain panels, are only a little over 8 inches square. And yet they take a full 120-slide tray.

See the Pocket 60 at your photo dealer's. It's less than $1[illegible]

Kodak makes your pictures count.

New Kodak pocket Instamatic 60 camera.

Candle *shines through stained panels fitted between vertical molding strips*

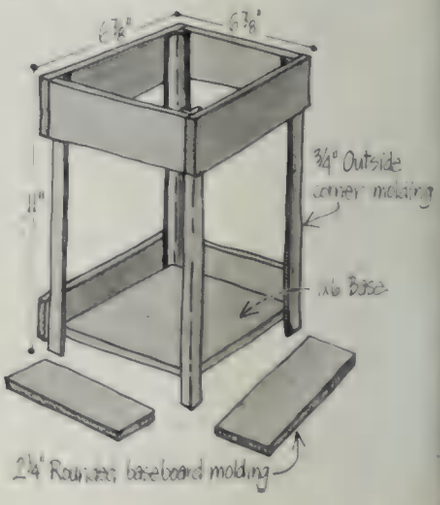
Stained plastic candle house

The candle frame of wood and stained plastic shown above (and in color on page 52) is made from standard-sized lumber. You need to cut only for length.

The base is a 1 by 6-inch board (actual width 5½ inches), cut square. It's glued to four 11-inch-long strips of ¾-inch outside corner molding; let them extend about an inch below the bottom of the board to allow air to enter below the flame. The top and bottom are framed with 2¼-inch rounded baseboard molding, nailed into the strips and base.

Cut the plastic panels about 8¼ inches high and 5¼ inches wide, so they fit snugly inside the corner molding. Hold panels in place with glue to keep them from falling onto the candle.

Use a glass-contained candle that will extinguish itself, not overflow. □



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Frivolous bird *has purple feathers for his topknot and tail*

These decorations are blown eggs

DARROW M. WATT

Four more *approaches that suggest the many variations possible*

These Christmas ornaments have one thing in common—an egg. If you're planning to whip up a fruitcake or some holiday eggnog, save the shells and decorate them for your tree. It's fairly simple to poke two holes in the ends of the shell and blow the insides into a bowl.

Gather materials to decorate the egg from almost anywhere for results like those pictured here.

For a simple but pretty effect, wind leftover pieces of bright yarn around an egg. White glue holds it in place and a tassel finishes off the base. Tie a piece of yarn to a ½-inch-long piece of toothpick and poke it into the hole in the top of the egg; when the toothpick is positioned horizontally, it will hold the egg upright for hanging.

For the king, cut a crown from shiny foil paper. His hair, mustache, and beard are snipped from lightweight paper (cut the beard with the side of your scissors) and attached with white glue. Use felt tip pens to draw his eyes and mouth.

The roly-poly elephant has a paper trunk, ears, and feet. A little gilt-edged paper makes his saddle. He is suspended by a strand of yarn around his belly.

The bird's big beak is folded construction paper; the wings are paper toweling. His topknot is scissor-fringed tissue paper. Again you can use felt-tip pens to draw the eyes. □

The new KitchenAid trash compactors are like KitchenAid dishwashers. Built better. Not cheaper.

Most people buy KitchenAid dishwashers because they're recommended by friends who have one. We want the same thing to happen with our new trash compactors.

So, we built in handy features, such as our "Litter Bin." It lets you load small trash without pulling open the trash drawer. And a tilt-away trash basket so you don't have to use special trash bags.

We built them with a ½ horsepower motor for extra reliability. With a triple-drive ram that provides balanced crunching force no matter how unevenly the trash is loaded. And with an effective charcoal air filter that removes odors, and doesn't just mask them.

See your KitchenAid dealer. Check the Yellow Pages under "Dishwashers." Or write for free consumer information. KitchenAid Division, The Hobart Manufacturing Company, Dept. 2CG-12, Troy, Ohio 45373.

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If you like our dishwashers, you'll love our compactors.

STELLA®

Italian Lesson No. 6

The delicious way to learn Italian!
Presented by Stella, the world's largest maker of authentic Italian cheeses.

BLUE CHEESE

Crisp and tangy-tasting, Stella Blue is the soul of a great salad. In the handy new tray package you sprinkle what you need and save the rest. It's pre-crumbled! Or for great munching try it in the 6-oz. wedge and the 2-oz. stick.

Spruzzare

(Sproo-zér-ay: To sprinkle)

The handy tray package makes Stella Blue Cheese easy *to sprinkle* on salads.

BLUE·CHEESE·BURGERS

4 to 6 servings.

½ cup (3 oz.) Stella Blue Cheese, softened
¼ cup white wine
2 tbsp. chopped green onion
2 lbs. ground beef
2 tsp. salt
½ tsp. pepper

Combine blue cheese and wine; beat or blend until smooth. Stir in onion. Combine ground beef and seasoning. Form into large, thick steaks or patties. Broil until desired doneness. Spoon blue cheese sauce over hot broiled meat; serve at once.

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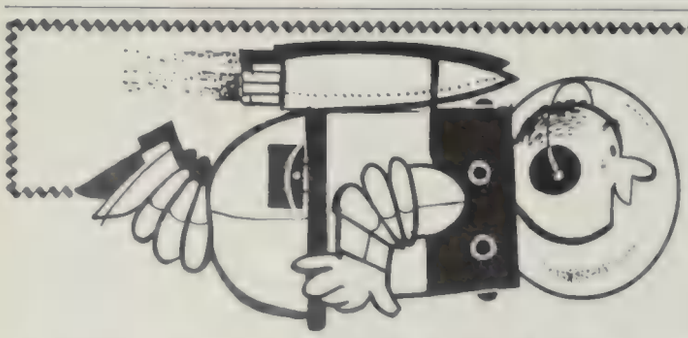

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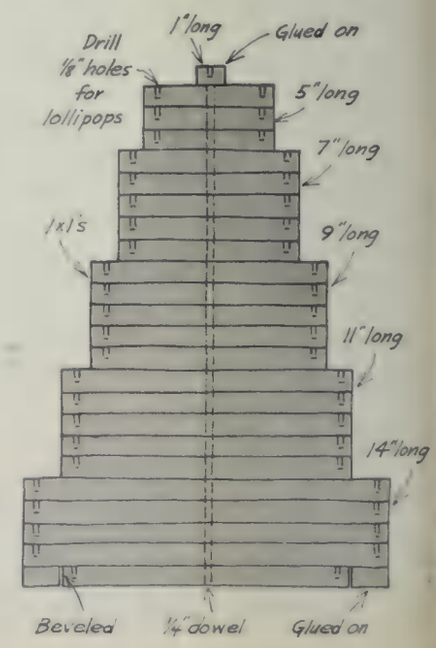
GERALD R. FREDI

Lollipops *pull out easily from ⅛-inch holes drilled ⅜-inch deep*

It's a folding lollipop tree

This swing-out tree holds lollipops a delights children. It's easy to constru and it folds flat for storage.

The tree is a series of 1 by 1's that piv around a ¼-inch dowel. Cut and dr pieces as shown in the diagram. Slip 17¼-inch long dowel through a ho drilled in each length. Glue a 1-inch-lo piece on top of the dowel to form peak, and two more pieces beneath t tips of the "branch" second from t bottom; bevel the ends of the botto branch so it will fold easily inside the support blocks.



The General Electric Microwave Oven ooks breakfast, lunch and dinner. Fast.

And that's saying a mouthful.

In fact, it's the fastest method of oking there is.

No other method comes close. Not e. Not gas. Not anything. (Not surprising nen you consider e've been in the busi- ss of electric cook- g for 50 years.)

BREAKFAST	
Grapefruit Halves	*2 minutes*
Bacon (4 Strips)	*4 minutes*
Scrambled Eggs (5)	*3-1/2 minutes*
4 Sweet Rolls	*30 seconds*
Coffee	*2-1/2 minutes*

Just plug our microwave oven into ıy adequate 120 V. outlet. And turn it on. ıe food gets hot, but the oven stays cool. o, if you like, you can even cook on ıper plates.)

How does it do it?

The microwaves vibrate the food olecules against one another. Causing friction. his, in turn, creates the heat that cooks your od. Food that's faster and more evenly done ıan anything you've ever seen. With all its ıtural juices still flow- g. Not all dried up.

LUNCH	
Tomato Soup	*2-1/2 minutes*
Toasted Cheese Sandwich	*30 seconds*
Deluxe Cocoa Brownies	*7 minutes*

What's ıore, with the special ecipe book, timer and control settings, prac- cally all the guesswork is taken out of cooking. o when you want a rare rib roast you don't end p with a well-done rib roast.

Another feature as dependable as ır microwave oven: GE Customer Care Serv- ice Everywhere. Our pledge that wherever you are, or go, there's an authorized serviceman in your area. Should you ever need one. For more information about our microwave ven (also known as the Just-A-Minute oven), peak to your General Electric dealer. He'll how you how it can do nore than just cook ast. How you can wheel it around on a atio cart, or build it into a cabinet. Or ven just give it as a gift.

DINNER	
Stuffed Green Peppers (6)	*25 minutes*
Frozen Corn Mexicali	*9 minutes*
Dinner Rolls (4)	*30 seconds*
Pineapple Upside Down Cake	*8 minutes*

Also hear what he has to say bout our big microwave oven ranges.

They cook breakfast, lunch and linner fast, also. **Microwave cooking... ınother reason why General Electric is America's #1 major appliance value.**

GENERAL ELECTRIC

Brother Timothy's
Napa Valley Notebook
4th of a series

A little background on the Estate Bottled Wines of The Christian Brothers

Under the regulations that guide the labeling of wines, an "Estate Bottled" Wine is one made from grapes surrounding the home winery.

To The Christian Brothers, home is Mont La Salle, our Monastery and Winery high in the hills overlooking the verdant Napa Valley. We came here many years ago to make and age all of our premium table wines. Though it is a lovely setting for our cellars, it was really chosen for the splendid variety of wine growing soils, and climate. The fine European varietal grapes of the *Vitis vinifera* species that we use in our wines each have very demanding requirements.

For instance, our Pinot Saint George grapes are planted in soil that is volcanic ash and gravel, underlaid with shale. While the vine struggles for survival in such a soil, it produces a crop that is small, but superb in quality. Our Pinot Saint George is a full flavored, rich and smooth red, with a bit of earthiness in its taste.

The Pineau de la Loire is another varietal that flourishes here, but in a gravelly loam which helps give this white wine grape its exceptional character.

The quantity of wine we make from these two grapes is limited. But part of the joy of wine for the cellarmaster is being able to offer something rare and unusual.

Brother Timothy F.S.C.

Brother Timothy, F.S.C., Cellarmaster
The Christian Brothers Winery
Napa Valley, California

Worldwide Distributors: Fromm and Sichel, Inc.
San Francisco, California

NORMAN A. PLATE

Docile elephant *follows wherever owner goes*

These animals follow children, wiggling as they go

Children enjoy pulling toys around and the wooden animals pictured here wiggle and lazily curl as they go. They're easy to build with home workshop tools, and each costs less than $4. You build in the wiggle by making two identical body shapes, cutting both bodies into vertical sections, then sandwiching canvas between the bodies.

You can use the same technique to build animals of almost any shape and size.

You'll need two pieces of 1 by 12-inch lumber for the body and two 12-inch long 2 by 2's for the legs (crosspieces to hold the wheels). Draw the outline of an animal body on one of the 1 by 12's, keeping the shape simple. Draw vertical lines to divide the animal into sections where the body might logically bend. (Leave sections at least 3 inches wide where you'll attach crosspieces.)

Next, place an equal length of 1 by 12 under the outlined body, and temporarily fasten the two boards together; drive

DARROW M. WATT

Five-foot *alligator is longer than his friend. Sixteen sections give a slithery motion as he rolls along*

The most delicious gathering of grains, nuts and fruits that ever got together in one box.

Introducing Quaker 100% Natural Cereal.

The first time you taste it, you're in for quite a surprise. The nutty flavor comes from wheat and oats. The crunchiness comes from chopped almonds and coconut. The chewiness comes from raisins and dates. The sweetness comes from honey and brown sugar.

An avalanche of those naturally good things that have always delighted mankind. With all their original taste, texture and nutrition intact.

No synthetics. No mystery ingredients.

What you read on the box is what you see on your spoon. Nothing synthetic has been added. Nothing natural has been taken away. And that's why Quaker 100% Natural Cereal tastes so unusually good.

The only artificial preservative in our box is our bag.

Unrefined whole grains like the ones in Quaker 100% Natural Cereal are born with their own natural means of self-preservation. Since Quaker doesn't process out these natural preservatives, we don't have to add any artificial ones.

But to insure a perfect inner atmosphere that keeps the crunch crunchy and the fruits moist, there's our tough inner bag. It helps lock out the foes of freshness.

An extraordinary cereal that costs no more than ordinary cereal.

Quaker 100% Natural Cereal isn't puffed or aerated. So there's less air, and more solid food per cubic inch. Which is why, though the box is smaller, ounce for ounce, it costs no more than the ordinary breakfast cereal. Yet a close look at our table of contents shows that it contains a host of premium-priced ingredients.

We never really left the farm.

Quaker didn't make 100% Natural Cereal just to jump on the back-to-nature bandwagon.

For 50 years we've been as close to the good growing things as you can get. The great grains, the fruit of the vine, honey from the flowers. So the idea of a natural breakfast cereal seemed especially refreshing.

Nothing's as exciting as an idea whose time has come.

Our concept was to create a truly modern cereal. With all the old-fashioned virtues.

We did. And its time has come.

Quaker 100% Natural Cereal.

You can save a little money by buying a VW instead of a Duster. But look what you lose.

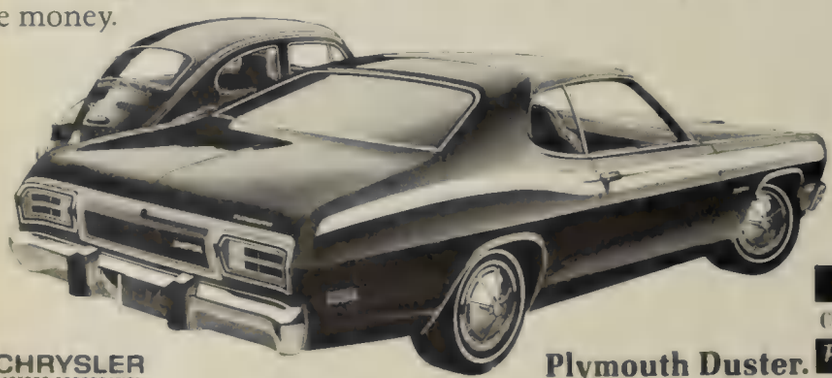
First of all, you lose room for one passenger. VW Super Beetle seats four. Duster seats five. You also lose storage space.

You lose power too. Duster delivers about half again as much horsepower as the Super Beetle.

You also lose in weight, wheelbase, and front track.

So if you're looking for a nice little car, make sure it isn't too little. In too many ways.

Get a Plymouth Duster. It's a lot more economy car for a little more money.



CHRYSLER MOTORS CORPORATION

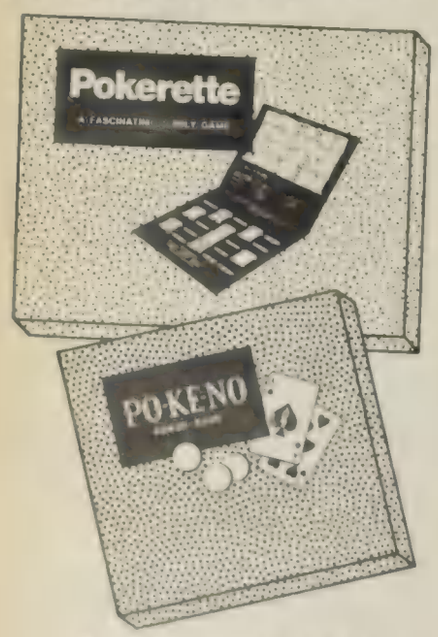
CHRYSLER Plymouth

Plymouth Duster.

Extra care in engineering . . . it makes a difference.

FUN

FOR THE WHOLE FAMILY.



Pokerette and Po-Ke-No. Two fascinating games that make great Christmas gifts.

QUALITY PRODUCTS OF THE UNITED STATES PLAYING CARD COMPANY

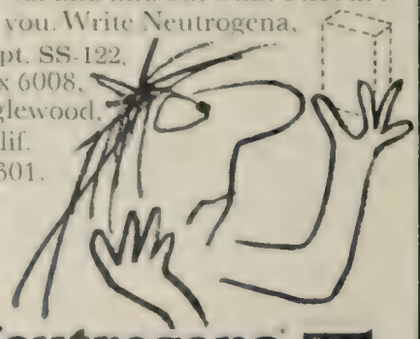
Subsidiary of Standard International Corp.

Neutrogena: what's NOT in it for you?

No fancy packaging.
No free alkalis.
No additives.
No detergents.
No fillers.
No artificial this or thats.
No glop.
No medicated over-helpers.
No aggravation.

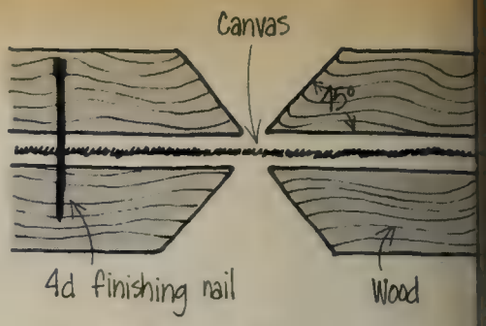
Just the purest, most neutral, natural ingredients in one clear, amber bar of soap. The only thing that's in it for you is the best kind of help for sensitive skin.

Send us a quarter for a trial-size bar and find out what's not in it for you. Write Neutrogena, Dept. SS-122, Box 6008, Inglewood, Calif. 90301.



Neutrogena

the under-discovered soap.



Nails *hold canvas tightly between wooden sections. Angled edges allow animals to make tight turns*

two nails (just deep enough to hold through each marked section. Saw apart the vertical sections, then cut along the body outline with a coping saw or band saw. (Cut notches for the crosspieces.) Take the nails out of each section.

With a saw or power sander, take at least a 45° wedge off adjacent section edges (see drawing).

Cut a silhouette of lightweight canvas about ¼-inch smaller all around than the outline of the animal. Lay out one complete wood body of the animal on a table with the insides facing up. Leave a 1/32-inch space between wooden sections. Center the canvas on top and carefully position the other set of wooden sections on top of the canvas. Drive several 4-penny finishing nails into each section, while checking for alignment.

For the legs, drill holes in the 2 by 2's to accept a caster housing at each end and attach the legs to the body with 3-inch wood screws through their centers.

Sink nails, fill holes with wood putty, then sand and paint. Add ears and a tail if you wish. Screw a small eyehook into the animal's nose for a pull cord, and snap in casters. □

DARROW M. WAT

Fifth caster *supports neck and head of this ornery-looking camel*

We put all the flavor of an old-fashioned chicken dinner right in the sauce.

Kraft Dinners:
great ideas for good cooks
on a budget.

KRAFT
Division of
Kraftco Corporation

Five books for house buyers or builders

A guide to the baffling business of moving and buying or building a house can be a practical gift for a family planning a move.

The books described here provide general information on the subjects without getting embroiled in local real estate development patterns, sales procedures, or legal requirements. They won't replace a well informed real estate agent, but for the cost (the most expensive is about $5) their objectivity and the experience of the authors will be helpful to the family on the move.

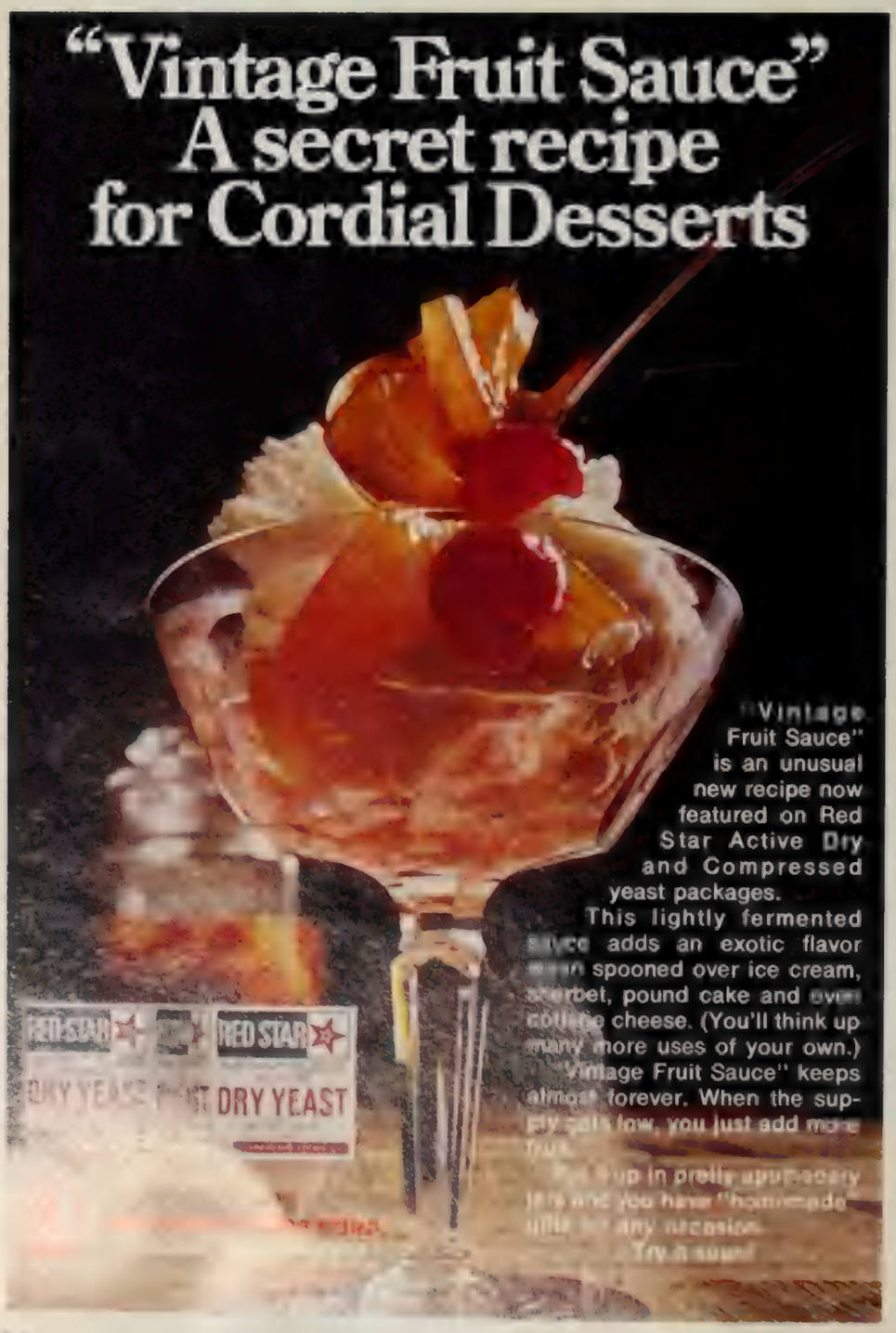
How to Buy and Remodel the Older House, by Hubbard H. Cobb (Collier Books, New York, 1970; 519 pages, paperback, $3.95). The author concentrates on "finding, buying, and fixing up the Offbeat Dream House. It's for those who are too imaginative to want a more conventional house, or too broke to afford one." He offers reasonable adv for example, have a tetanus shot bef you start remodeling and make sure y insurance covers friends who are help out. The book includes a check list definitions of real estate and build terms. And there are also photograp floor plans, and case histories of 20 modeling projects.

So You Want to Buy a House, by Griffin (Henry Regnery Co., Chica 1971; 244 pages, paperback, $1.95). T book leads off with a realistic look at comparative advantages of renting buying a house. Later on are sections townhouses, co-ops, and condominiu and on purchasing income property. "primer" on house layouts explains su things as the advantages of a sou facing kitchen and why 12 feet counter space is the minimum yo need. Diagrams in this part of the bo are useful. Another portion expla what to look for in a neighborhood wh buying.

How to Buy a House, by Byron Mo and Martin Burke (Lyle Stuart, In New York, 1969; 204 pages, hardcov $4.95). It tells how best to match house to your family size. One secti deals with common euphemisms in new paper ads and what they really mea "First time advertised," for instan really means "It took the broker a wh to get up the nerve." The book provi check sheets and a list of common r estate terms.

How to Save or Make Thousands Wh You Buy or Sell Your House, by Je and Jackie Nielsen (Doubleday & C Garden City, N.Y., 1971; 175 pag paperback, $3.95). This optimisticall titled book takes a hard look at the e penses and legalities of buying and se ing real property. It gets into tax consi erations, inheritance laws, and what means to homestead property. Also i cluded are forms used in common tra actions. At intervals throughout the bo are question and answer work sheets test what you remember from readi the preceding section.

Building or Buying the High-Quali House at Lowest Cost, by A. M. W kins (Doubleday & Co., Garden Cit N.Y., 1968; 270 pages, paperbac $1.95). The author describes this book a "fundamental guide to design and co struction so you can thoroughly jud the calibre of the new or old house y buy." In it he makes an important poi Quality materials add only between and 7 percent to the total constructi cost of the house, because it takes lab just as long to install shoddy material it does a top-grade version of the san product. The book includes check list a glossary of terms, and concludes wi a section on what's wrong with Americ houses.



Make your first microwave a Thermatronic, the finest microwave ranges.

Richard Deacon, star of his own cook show, "Deacon Does It In the Kitchen".

ichard Deacon is a busy man. e is also a gourmet cook who njoys entertaining. After a hec- c day on the set, in just minutes hanks to the Thermatronic) he an put together a delicious inner of roast pork stuffed with runes and apricots (beautifully rowned with the infrared ele- ıent) and a tasty rice casserole. he meal looks as though he ad been cooking all day, when ctually it took him just minutes!

Whether it's a portable (as shown) or a bilt-in combined with a self-cleaning oven, Thermador offers the widest selection of microwave ranges available. All with browning elements, stainless steel interiors for easy care, and handsome black glass doors. Write for complete brochure on microwave ranges, and other Richard Deacon recipes. 5129 District Blvd., Los Angeles, California 90040

Apricot and Prune Stuffed Roast

(One of Richard Deacon's favorite recipes)

5 pound pork roast
½ cup diced apricots
¼ cup diced prunes
2 cups diced apples
2 tablespoons butter
⅔ cup wine
2 cups packaged bread stuffing

In a large bowl combine apples, bread stuffing, dried apricots and prunes. Heat butter with wine in microwave range until butter melts. Pour over stuffing, mix and toss to combine.

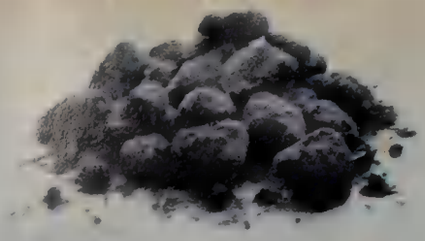
Cut large enough pocket in the roast to hold the stuffing. Stuff and secure pocket by sewing it with large needle and string.

Place fat side down on a trivet in a baking dish. Allow [illegible] minutes per pound. The last 20 minutes fat side is up. Use *Infra-red* for that golden brown.

Thermador NORRIS

The Elegant Difference in Microwave Ranges

Complies with safety performance standards, Health, Education, and Welfare Rules 42CFR, Part 78.



The destruction of the charcoal myth. The introduction of our Electric Char-B-Que

That great charcoal taste is strictly an old Sunday chef's tale.

Charcoal imparts absolutely no flavor to what you're cooking. All it actually does is provide the meat with the necessary cooking heat.

What happens is that as the heat builds up, the meat's fat drips down, vaporizes, and then sears the meat, giving it a deep, rich, outdoor flavor.

Which is exactly how the Electric Char-B-Que works, too.

The big difference, and advantage, is that instead of having to lug home heavy bags of charcoal, ours come with something new. Permanent briquets. There are no ashes to clean. No messy hands. Ever.

Another big difference is that because it's electric all you do is turn a dial and the "fire" starts.

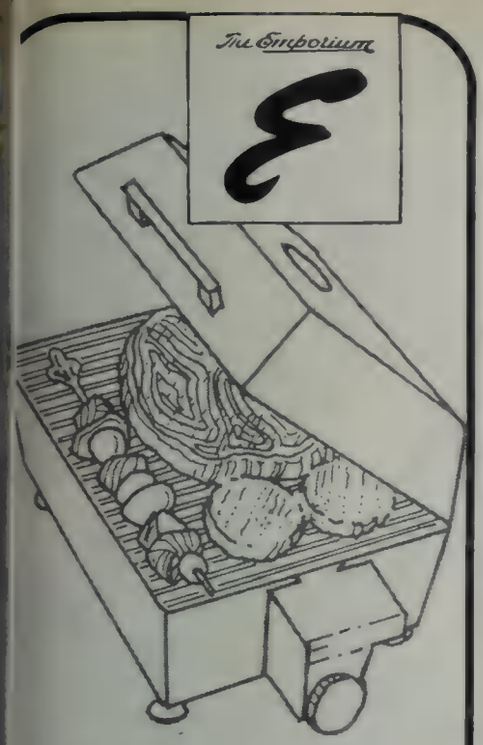
Turn the dial some more and the special control allows you to set the heat at the proper temperature. The heat stays even throughout. And because you can adjust the heat, there's no need to raise or lower the grill as with ordinary barbecues.

Along with all these advantages our Electric Char-B-Que (in orange, yellow, avocado and black has a rust-proof aluminum casting, a large cooking area, lets you grill, bake, smoke, broil, roast, and since the cover provides reflected heat, no rotisserie is needed.

Also, unlike gas barbecues, there is no costly installation or propane tanks to worry about. The Electric Char-B-Que plugs into any ordinary outlet. Use it outdoors, on apartment terraces, or in the fireplace.

The Electric Char-B-Que. At about $60, it's really not expensive. Not when you think about what that myth has been costing you each year.

Northern Calif: Capwell's, The Emporium, Macy's, J. C. Penney (at selected stores). **Colorado:** May D & F. **Nevada:** Levy, Rhodes, Steinfeld, J. C. Penney (at selected stores). **Oregon:** Meier & Frank, Lipman. **Washington:** Bon Marche, The Crescent, Ernst Hardware. **New York:** Bloomingdale's, B. Altman. **Boston/Miami:** Jordan Marsh. **Chicago:** Marshall Field.



THE NEW ELECTRIC CHAR-B-QUE®...

NATURALLY, THE BIG E HAS IT NOW

The electric Char-B-Que advertised on the opposite page is available in the Kitchen Ware and Small Electrical Appliances department at all eleven Emporium stores **59.99**

to order, phone your nearest Big E store:

Downtown, San Francisco
Phone 982-1111
Stonestown
Phone 731-2222
Stanford
Phone 326-1111
Hillsdale
Phone 345-1111
Almaden
Phone 265-1111
Stevens Creek
Phone 296-1111
Mountain View
Phone 969-1111
Marin
Phone 472-1111
Santa Rosa
Phone 544-1111
Salinas
Phone 443-1111
Tanforan
Phone 873-1111

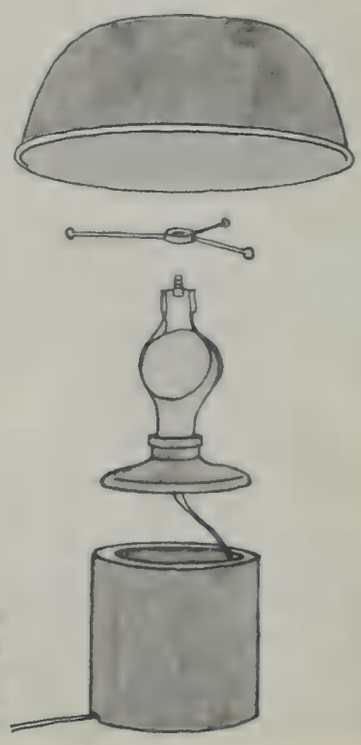
DARROW M. WATT

Sewer pipe lamp *with mixing-bowl shade sits on felt pad to protect tabletop. Base has notch in back for cord*

Foot-high lamp . . . less than $5

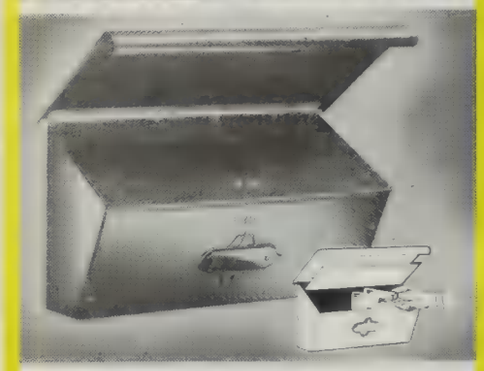
A length of clay sewer pipe is the base and an enamel mixing bowl serves as the shade for this lamp which stands only about 12 inches high. It's simple in design but quite colorful—the tile is earthy red and the bowl is an intense blue.

You can make one for less than $5. At a building supply store, buy a piece of 4½-inch-inside-diameter sewer pipe and have it cut any length you wish—this one is 5 inches long. Glue a 4½-inch-diameter white porcelain socket to one end. A bulb adapter goes over the bulb to receive a three-way tripod for the 10-inch-diameter, 3½-inch-deep enamel mixing bowl. The bowl's white interior helps reflect the light. □

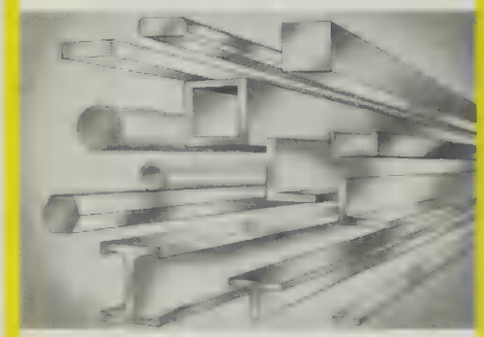


Lamp's components. *From bottom: 8 feet of 12-gauge wire, sewer pipe, porcelain socket, bulb, bulb adapter, tripod, mixing-bowl shade*

m-d
MACKLANBURG DUNCAN CO
making things better for you...



STOP THIEVES — NO KEYS!
Protect your mail with new M-D Keyless Mail Box. Only you know combination. No fuss. No Keys. Box is made of rust proof, sturdy aluminum in black anodized finish.



DO-IT-YOURSELF SHAPES
Use M-D extruded aluminum shapes for boats, trailers, campers, windows, doors and other projects. Easy to cut, shape and drill. Available in variety of sizes, shapes.

STOP DRAFTS!
Use M-D thresholds and door bottoms for 1 3/8" and 1 3/4" doors. Vinyl insert in door bottom assures excellent seal. Comes in two finishes. Pre-packed, ready to install.

Ask for M-D at Hardware and Building Supply Stores
MACKLANBURG-DUNCAN CO.
Oklahoma City, Okla. 73125
m-d

You sew *this equipment yourself from simple kits with high quality materials*

Sleeping bags, tents . . . consider a gift of the makings

John Muir traveled light and inexpensively when exploring the West's high country—often hiking with little more than an overcoat and some biscuits. Backpacking today is more comfortable, but may involve large expenditures for high quality, lightweight equipment.

One way to cut down on outfitting costs is to buy the equipment in kit form and sew it together yourself.

Kits are available for a wide variety of down sleeping bags, parkas, rain gear, packs, mittens, bootees, quilts, and tents. Quality of design and materials is comparable to finished equipment availab at almost twice the cost. Some childrer sleeping bag kits also offer the adva tage of sew-on sections that allow y to enlarge the bag every few years the child grows.

Every kit is complete to the last gromm or drawstring. All you'll need is a litt time, average sewing ability, and a home sewing machine.

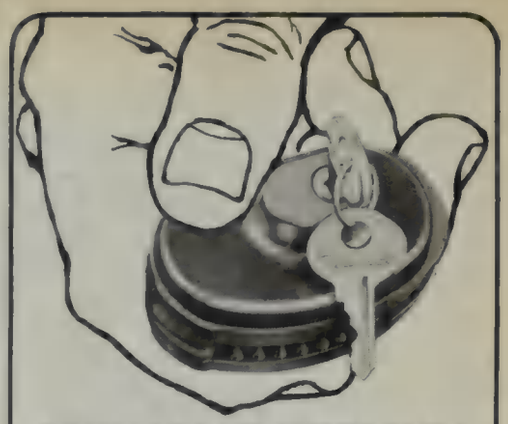
Two major companies make and s outdoor equipment kits. Both will se you free catalogs that detail equipme design and assembly and discuss t

Adult down sleeping bag: $60

NORMAN A. PLATE

DARROW M. WATT

Sleeping bag kit. *Counterclockwise from top: goose-down packets, precut ripstop nylon fabric, thread, locking drawstring, zipper, stuff sack, instructions, hook and pile fastener tabs for liner*



THIS YEAR GIVE HIM A MASTER GUN LOCK
...enjoy peace of mind.

Ideal gift for the man with both a family and a gun. Patented precision locking mechanism covers the trigger and prevents accidental firing. One size fits most handguns, rifles and shotguns. Cushioned pads protect the gun's finish. Get a Master No. 90 Gun Lock for every gun-owning family on your list. Attractively packaged. Suggested retail: $5.95.

For free booklet, "Gun Safety in the Home," send name and address to:

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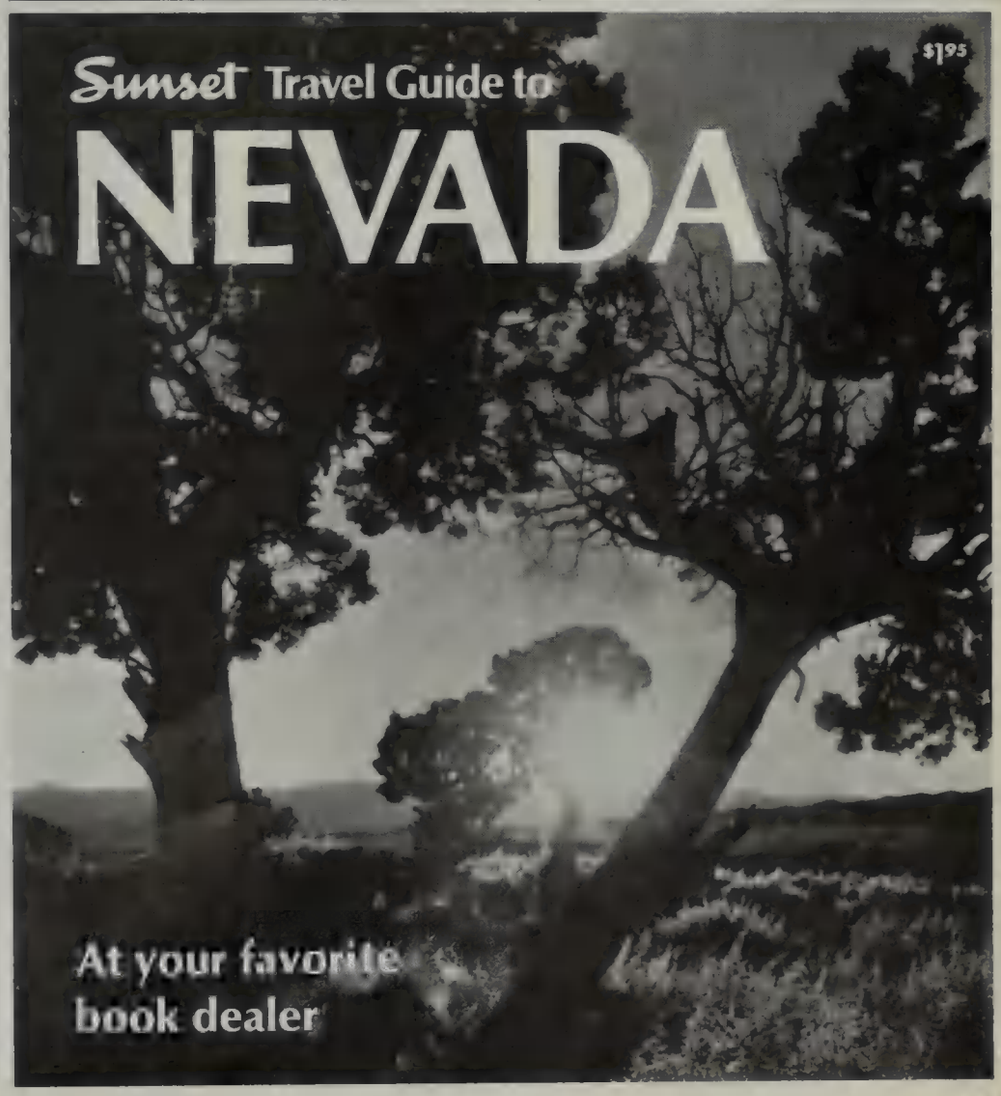


Watch out for cows in sheep's clothing.

A lot of people get taken that way. Served another cheese when they asked for Roquefort. As if anything else could be the same. Roquefort means Roquefort cheese. Unlike any other in the world. It's made only from ewe's milk. And ripened only in the caves at Roquefort, France. Better restaurants are proud to show they serve the real thing. And wouldn't you feel sheepish accepting less than you paid for?

Roquefort Association, Inc., 41 E. 42 St., N.Y., N.Y. 10017

ROQUEFORT FRANCE

properties of garments insulated wit goose down. Write to Carikit Outdoc Equipment, Box 7, Boulder, Col 80302, or Frostline, Inc., Box 219 Boulder, Colo. 80302.

Both these manufacturers have deve oped convenient ways to get the rigl amount of down into a sleeping bag baffles without waste. Up to now th major problem of sewing equipmer with down insulation was the difficult of handling the down itself: An ounce c down on the loose in your living room an indoor blizzard.

Frostline packages the down in fabri tubes. You simply open the tube at on end, insert it in the proper compartmen and turn the packet inside out. Tha leaves the down inside where it belong

Carikit employs a water-soluble plasti packet. You slip the coded packets int the garment's baffles, then finish all sew

GERALD R. FREDRIC

Packet *of compressed down, is slipped into sleeping bag channel, broken open after channel is sewn shut*

ing. The final step is to feel for the pack ets through the fabric and break ther open, releasing the down and filling th channels. Later the bag can be han washed and the plastic packets will di solve without residue. Or you can leav them undissolved until the garmer needs cleaning.

The time you spend putting together kit will vary according to your sewin ability, but be prepared to spend abou 6 hours on a parka, 8 hours on a child sleeping bag, and up to 20 hours on som of the more complicated adult sleepin bags. Give yourself plenty of work spac Two card tables pushed together provid good support for the large amount c fabric you'll be handling while sewing Instructions are clear and well illustrate but take your time. A mistake may mea ripping out several yards of stitching.

Bring 'em back alive.

Your city will be greener for it.

Trees belong in the ground, not in the rubbish heap. But unfortunately, come January, that's where most Christmas trees go – out in the garbage along with the other unwanteds.

This Christmas, we're doing something to change that situation. In addition to our regular assortment of trees of all sizes, we're going to sell a limited amount of living young trees. And the city of San Francisco has donated space to re-plant these trees when Christmas is over. Just bring your tree back to us – we'll see that it gets back in the ground.

(And, as always, the money we get from the sale of our trees will be used to send needy kids to camp next summer.)

Help us put some green into the city and get some kids out of it.

Buy a live Christmas tree now – bring it back when you're through.

And help keep the spirit of Christmas alive all year round.

The Guardsmen.

Visit our lot at Pier 39, San Francisco.

You can buy good French wine by the bottle. Or great French wine by the label.

The B&G label.

The one label that stands for the finest of wines from all the major vineyard regions of France. From Bordeaux, our classic Medoc, medium-bodied and dry. From Beaujolais, our popular light, fresh Beaujolais-St. Louis. From Burgundy, our brilliantly fruity Pouilly-Fuisse. From the Loire, our delicate and lively Muscadet. From the Rhone, our rich, soft Chateauneuf-du-Pape.

B&G. 36 great reds, whites and rosés. Produced only in the finest French tradition since 1725 by Barton & Guestier.

Why bring a good French wine when you can bring a great one? It's as easy as B&G.

B&G. Love Letters from France.

Barton & Guestier. 36 fine wines in one fine family. Imported by Browne Vintners Company, New York, N.Y. and San Francisco, CA.

Sunset's Kitchen Cabinet

Small, steaming bowls of asparagus soup or a hot appetizer made from a well seasoned clam spread could be the ideal way to open your Christmas feast—or any other special dinner this month.

For a succulent entrée, try the ric glazed pork roast served with min meat. And consider accompanyin with the make-ahead salad—a col ful assortment of crisp raw vegetabl

For dessert—or as a refreshment

Save a cooked asparagus tip to garnish each individual serving of creamy soup

Cream of Asparagus Soup

For a smoother soup, strain asparagus purée before adding to onion mixture.

- 2 packages (9 oz. *each*) frozen asparagus
- Boiling, salted water
- ¼ cup butter or margarine
- 2 green onions, finely chopped
- 1 clove garlic, minced or mashed
- 2 tablespoons regular all-purpose flour
- 2 cups light cream or milk
- 1 tablespoon lemon juice
- Salt and pepper
- Chopped parsley

Cook the asparagus in boiling water according to package directions. Drain, reserving the cooking liquid; you should have about 1 cup. Cut off and set aside 4 to 6 asparagus tips f garnish. Turn the remaining aspa gus into a blender; add the cooki liquid and whirl until smooth.

Meanwhile, melt the butter in a quart saucepan over medium he add the green onion and garlic a sauté 3 minutes. Stir in flour a cook until bubbly; then gradually s in the cream and asparagus pur Cook, stirring, until thickened. R move from heat, stir in lemon juic and salt and pepper to taste. Garni each serving with an asparagus t and chopped parsley. Makes 4 to servings.—*B. S., Los Angeles.*

Cook bacon, vegetables, nuts, rice in sequence; then combine before serving

Almond Bacon Brown Rice

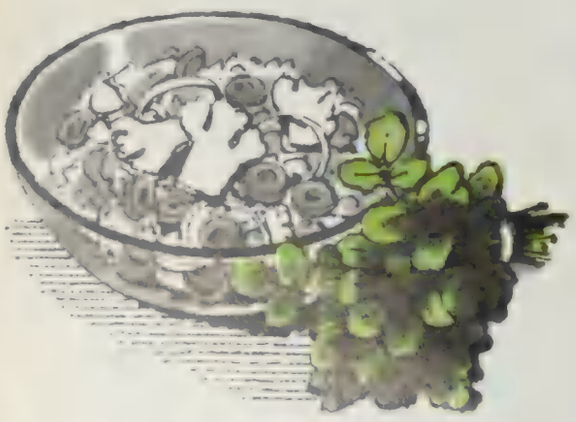
Serve this crunchy rice dish with leftover roast turkey or beef.

- 1 cup brown rice
- Boiling water
- 6 slices bacon
- ¼ cup slivered almonds
- ½ cup (8 tablespoons) sliced green onion
- ¾ cup thinly sliced celery
- 1 cup sliced mushrooms
- 1 to 2 tablespoons soy sauce

Cook the rice in boiling water according to package directions.

Meanwhile, in a large frying pan fry the bacon until crisp; lift from pan, drain well, crumble, and set aside. Reserve the bacon drippings. Heat 2 tablespoons of the reserved drippings in the frying pan, over medium-hi heat; add the nuts, about 6 tabl spoons of the onion, celery, and mus rooms; cook, stirring often until monds are toasted, about 5 minut Set vegetable mixture aside.

To the pan add 2 more tablespoo drippings, stir in the cooked rice, a cook, stirring, until rice is light toasted; add more drippings (or bu ter) if necessary to keep the rice fro sticking. Return vegetables to pa stir in soy; heat through. Transfer a serving dish; top with the bacon a remaining onion. Serves 4 to 6.—*W., Everett, Wash.*



Bright crisp watercress gives added zest to this marinated vegetable salad

Holiday Vegetable Salad

Snowy white cauliflower, red onion, and green olives marinate in a French dressing for this colorful salad.

- 2 cups thinly sliced cauliflower
- ½ medium-sized mild red onion, thinly sliced
- ⅓ cup sliced pimiento-stuffed green olives
- ⅓ cup crumbled blue-veined cheese
- ¼ cup green pepper strips
- 5 tablespoons salad oil
- 3 tablespoons white wine vinegar
- ¼ teaspoon dry mustard
- ½ teaspoon basil leaves
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 bunch watercress

In a bowl combine the cauliflower, onion, olives, cheese, and pepper strips. In a jar or small bowl, shal or stir together the oil, vinegar, mu tard, basil, salt, and pepper. Po over the cauliflower mixture and to lightly to coat all the vegetables we Cover and refrigerate for at least hours or as long as overnight.

Meanwhile, wash the watercress we break off leaves discarding tou stems; pat dry. Just before servin mix watercress with the cauliflo er mixture and arrange in a servi bowl. Makes 4 to 6 servings.—*K. Santa Monica, Calif.*

You can easily double or triple th recipe for a large gathering.

)ecember open house—we suggest almond-studded cake.

: welcome your own original recipe ations. Send them to *Sunset Maga- e*, Menlo Park, Calif. 94025. We y $10 for each recipe published.

Asparagus soup first, then a pork roast with mincemeat

cy Clam Spread

u can serve this low-calorie spread melba toast for hot appetizers or toasted English muffin halves as en-faced sandwiches.

- ⅓ cup small-curd cottage cheese
- ¼ teaspoon Worcestershire
- 1 tablespoon mayonnaise
- 1½ teaspoons lemon or lime juice
- ⅛ teaspoon garlic salt
- ⅛ teaspoon liquid hot pepper seasoning
- 1 can (8 oz.) minced clams, drained
- Salt and pepper
- 14 to 16 pieces melba toast or 2 English muffins, split, buttered, and toasted
- Chopped parsley

a blender container combine the cottage cheese, Worcestershire, mayonnaise, lemon juice, garlic salt, and hot pepper seasoning; whirl until well blended and smooth. Stir in clams and salt and pepper to taste. Cover and refrigerate if made ahead.

Just before serving, spread mixture on melba toast or English muffin halves. Place on a cooky sheet in a preheated broiler about 3 inches from heat. Broil until mixture is bubbly and heated through, about 3 minutes. Sprinkle parsley evenly over the tops and serve at once. Makes 14 to 16 appetizers or 4 open-faced sandwiches. —*C. J., San Anselmo, Calif.*

Make clam mixture ahead, if you wish; spread and broil just before serving

lled Pork Roast with Mincemeat

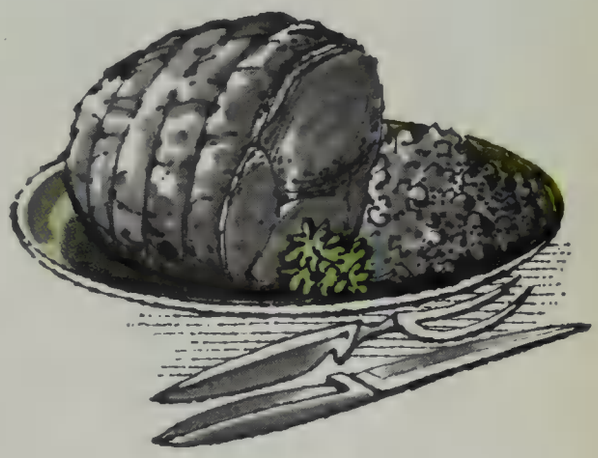
k a pork cut that slices well— ner leg of pork or a pork loin.

- 5 to 6 pounds lean boneless pork roast, rolled and tied (see above)
- Salt and pepper
- ½ cup orange marmalade, heated
- 2 tablespoons butter or margarine
- 1 cup finely chopped onion
- 1 jar (28 oz.) prepared mincemeat
- 2 tart apples, peeled and diced
- ½ teaspoon ground cloves
- 1½ teaspoons *each* cornstarch and water

rinkle meat with salt and pepper; ice meat fat-side-up on a rack in roasting pan. Roast, uncovered, in 325° oven until a meat thermometer inserted in the thickest portion registers 170° (about 2½ hours for a rolled loin; about 3½ hours for a rolled leg). During the last hour, brush with marmalade several times.

In a frying pan melt butter over medium-low heat; add onion and sauté until golden. Stir in mincemeat, apple, and cloves. Cook, uncovered, until apple is tender, about 15 minutes.

Arrange roast and mincemeat on a platter. Skim fat from pan drippings; combine cornstarch and water, stir into drippings, and cook, stirring, until thickened. Serve with roast. Serves 10 to 12.—*L. F., Portland*



Hot and spicy mincemeat complements juicy slices of this fruit-glazed roast

gnog Pound Cake

ckaged cake mix and commercial gnog are the shortcuts to this richly vored, moist Christmas cake.

- About 2 tablespoons soft butter or margarine
- ½ cup sliced almonds
- 1 package (about 1 lb. 2½ oz.) yellow cake mix
- ⅛ teaspoon nutmeg
- 2 eggs
- 1½ cups commercial eggnog
- ¼ cup (⅛ lb.) butter or margarine, melted
- 2 tablespoons rum or ¼ teaspoon rum flavoring

enerously grease a 10-inch tube or ndt pan with the soft butter. Press nonds against the buttered sides and bottom; set pan aside.

Using an electric mixer or a wooden spoon, combine cake mix, nutmeg, eggs, eggnog, melted butter, and rum in a large mixing bowl until blended. Beat batter until smooth and creamy, about 4 minutes at medium speed with electric mixer or about 450 strokes by hand. Pour batter into prepared pan. Bake in a 350° oven for 45 to 55 minutes or until a long wooden skewer inserted in the thickest portion comes out clean. Cool in pan 10 minutes; invert cake onto a rack and cool thoroughly. Serves 10 to 12.—*C. S., Palo Alto, Calif.*

Sliced almonds, pressed into buttered pan, decorate this golden-crusted cake

Holiday answer...an international deli table

Hospitable people often suffer in December. The desire to entertain friends and family usually exceeds the time that can be given to preparations—unless you take shortcuts in the cooking and serving of food.

This party menu for 12 to 16 people will help you do just that. Its inspiration comes from the sandwich menu of a delicatessen. You provide an attractive display of the sandwich makings—most of them you simply buy at a supermarket and serve. Write out in menu form the sandwich suggestions that follow, and display this list on the table or a wall nearby; invite guests to make their own sandwiches at their leisure.

Roast beef, an integral or optional element for each of the sandwiches, can be cooked ahead. Or you can buy it precooked at a delicatessen.

Accompany the sandwiches with jug wine, fruit juice, or beer. For dessert have a cheesecake, or a big basket of almond macaroons or Christmas cookies, and a colorful mound of tangerines to go with coffee (serve right from a large percolating urn if you have one).

This meal is ideal when guests must come or go at staggered times, when you can't be sure just how many people to expect, or when you're not sure of your guests' food preferences. Leftovers package up easily for future sandwiches.

International deli sandwich menu

South of France. Drizzle roll with oil sauce (recipe follows); top with onion, tomato, lettuce, hard-cooked egg, green pepper, and anchovies. Optional extras: roast beef, ripe olives.

Italian Riviera. Spoon marinated artichoke hearts and marinade onto a roll; top with roast beef, red pepper, caponata. Optional extras: lettuce, tomato.

East Indian Trek. Fill a half circle of Arab bread with roast beef, Major Grey's chutney, onion, cucumber, and sour cream or yogurt. Optional extras: red or green pepper.

Grecian Cruise. Fill a half circle of Arab bread with feta cheese, tuna, olives, green pepper, lettuce, hard-cooked egg, tomato. Optional extras: yogurt or sour cream, roast beef, marinated artichokes.

Personalized Tour. Combine your favorite foods on the bread you like best.

How to arrange the food

Provide guests with plates to hold sandwiches; most people have Dagwood tendencies. Arrange in individual groups (as on the mats at left) the foods that give the international twist to each of the specific sandwiches:

South of France—1 or 2 cans (2 oz. size) anchovy fillets; and oil sauce of ¾ cup olive oil blended with ⅓ cup wine vinegar, 1 large clove garlic (minced or mashed), 2 tablespoons minced parsley, and 1 teaspoon basil leaves. *Italian Riviera*—2 jars (6 oz. size) marinated artichoke hearts with marinade; 1 large red bell pepper, seeded and thinly sliced; 1 or 2 cans eggplant caponata (7½ oz. size). *East Indian Trek*— 1 large cucumber, peeled if waxed, thinly sliced; 1 to 2 cups unflavored yogurt or sour cream; ¾ to 1 cup Major Grey's chutney. *Grecian Cruise*—about ½ pound feta cheese, cut in small cubes; 1 large can (10 oz.) chunk-style tuna; 1 can (6 oz.) pitted ripe olives, drained.

The following foods go into more than one kind of sandwich. Group them individually in separate containers or together on trays or in bowls (as on the table at left).

Roast beef. Allow ½ pound for each person. Choose a boneless roast such as rib-eye, tenderloin, rolled and tied cross-rib, or sirloin tip. Have your meatman trim off fat to a very thin layer (or if necessary, wrap roast in a thin layer of fat). Cook to an internal temperature of 130° to 135° for rare meat, or 140° to 145° for medium meat (the ends will suit those who prefer well done meat).

Serve the roast warm or cold. (If desired, trim or peel away protective fat wrapper before serving.) Set meat on container suitable for carving; slice off a few thin pieces to get people started in their sandwich making. Supply a carving knife and fork for slicing more meat as needed. Offer salt and pepper.

You will also need 1 or 2 large heads butter lettuce (leaves washed, drained and crisped), 2 large mild onions (thinly sliced), 6 to 8 hard-cooked eggs (shelled and sliced), 2 or 3 green peppers (seeded and cut in thin rings), 3 or 4 large tomatoes (thinly sliced), 1½ to 2 dozen soft or crusty rolls, and at least 12 pieces of Arab bread (also called Arabic or Armenian bread, pocket bread, peeta, peta, or pita)—or use flat onion rolls. □

DARROW M. WATT

You'll need *a plate to catch any drips from sandwich*

Supper party *features sandwiches with international flair. Menu card guides guests in making their own sandwiches; elements on mats are for specific sandwiches; those on table's left go with all sandwiches*

Holiday brunch buffet the Swedish way, a holiday dinner buffet, an easy oven dinner

Holiday entertaining can be more fun for the hostess if she cooks ahead. With a little planning you can easily set up an attractive array of hot and cold foods for various occasions; then you'll be free to join the festivities.

For a multifamily gathering we suggest a brunch that features a pretty crimson punch and scrambled eggs served with an interesting assortment of toppings; the eggs stay warm and creamy for several hours. The company dinner centers around a seafood casserole you can prepare the night before. And for an informal dinner, chicken and vegetables cook unattended—a complete meal from the oven.

Scandinavian-style brunch

This particular menu for 12 is planned to please both youngsters and adults. When guests arrive they sip hot spiced fruit juice. Waiting on the warming tray are cooked sausages and scrambled eggs. The various condiments spooned onto the eggs personalize each serving.

Crimson Apple Glögg
Sautéed Sausage Slices
Creamy Scrambled Eggs
Condiments: Crisp Bacon Bits, Shredded Cheddar Cheese
Sliced Ripe Olives, Sliced Green Onions, Small Cooked Shrimp, Sour Cream
Western Nut Stollen
Fresh Winter Fruits Nuts

While the glögg slowly heats, assemble condiments; then cook the sausage slices and eggs. Serve the Western Nut Stollen (page 66), or buy a festive sweet bread.

Set out the condiments in individual bowls. You'll need 1 to 1½ pounds of crisply fried and crumbled bacon, about 3 cups shredded mild cheese (Cheddar or Swiss), 2 to 3 cans (2¼ oz. *each*) sliced ripe olives, 10 to 12 sliced green onions, about 1 pound small cooked shrimp, and 1 pint sour cream.

Buy and cook 3 to 4 pounds whole sausages such as Swedish potato or Italian. Just before serving, cut sausages in thick diagonal slices and brown in butter. Keep hot on an electric warming tray.

Crimson Apple Glögg

In a large kettle combine 1 gallon apple juice, 2 quarts cranberry juice cocktail, 3 whole cinnamon sticks, and 8 whole cloves; heat to simmering. Pour into a large punch bowl, stir in ¼ cup lemon juice, and garnish with thin unpeeled orange slices. Makes 1½ gallons.

Creamy Scrambled Eggs

- 4 tablespoons butter or margarine
- 2 tablespoons regular all-purpose flour
- 1 cup sour cream
- 2 dozen eggs
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- Chopped parsley

In a small saucepan melt 2 tablespoons of the butter; stir in the flour and cook over medium heat until bubbly. Remove from heat, blend in the sour cream, and cook until bubbly and smooth; set aside.

Beat together the eggs, salt, and pepper. Melt the remaining 2 tablespoons butter in a wide frying pan over medium-low heat; pour in the eggs and cook slowly, gently lifting the cooked portion from the bottom. Cook just until softly set; remove from heat and gently blend in the sour cream mixture. Turn into a serving dish, garnish with parsley, and keep warm on an electric warming tray.

Holiday buffet dinner

This festive company dinner for 8 is planned around a make-ahead casserole filled with shrimp, oysters, and crab.

Hot Vegetable Broth
Cheddar Seafood Casserole
Buttered Rice
Broccoli Spears Vinaigrette
Eggnog Pound Cake or Christmas Cookies

You might offer small mugs of the hot vegetable broth in the living room while the casserole heats in the oven. Fill mugs with hot cocktail vegetable juice (for 8 servings you'll need a 46-oz. can). To each serving add a squeeze of lemon juice, a dollop of sour cream, and sprinkling of dill weed.

Just before serving, moisten cold cooke broccoli spears (you need 2½ to 3 lbs with prepared Italian-style dressing, ar top with sliced green onion.

For dessert, offer slices of Eggnog Pour Cake (see page 115) or a tray of assorte Christmas cookies.

Cheddar Seafood Casserole

- 7 tablespoons butter or margarine
- 4 tablespoons regular all-purpose flour
- 1½ cups milk
- ½ teaspoon salt
- ¼ teaspoon thyme leaves
- ⅛ teaspoon *each* pepper and dry mustard
- 2½ cups shredded medium or sharp Cheddar cheese
- 2 eggs yolks, slightly beaten
- ½ pound mushrooms, sliced
- 1 jar (10 oz.) Pacific oysters, cut in bite-sized pieces
- 1 pound crab meat
- 1 pound shrimp (30 to 40 count per lb.), cooked, shelled, and deveined
- 1 tablespoon lemon juice

In a 3-quart saucepan melt 4 tablespoor of the butter; stir in the flour and coo until bubbly. Remove from heat an gradually add the milk; cook, stirrin until thickened. Add the salt, thym pepper, mustard, and 2 cups of th cheese; stir until cheese is melted. Ad the egg yolks and cook over low heat minutes longer; set aside.

Meanwhile melt the remaining 3 table spoons butter in a wide frying pan ove medium heat; add the mushrooms an sauté until lightly browned and liquid evaporated. Add mushrooms and butte to the cheese sauce. To the frying pa add oysters and their liquid; simmer ur til the edges begin to curl. Drain o liquid and stir oysters into sauce, alon with the crab meat, shrimp, and lemo juice. Turn mixture into a 2-quart ca serole; sprinkle remaining cheese evenl over top. Cover and chill if made ahead Before serving, bake, uncovered, in 375° oven until cheese is melted an mixture is heated through, 20 to 25 min utes (30 minutes if refrigerated). Make 8 servings.—*R. S., Pleasanton, Calif.*

Brunch *begins with hot glögg followed by sausage slices and eggs with choice of toppings. There's also a sweet bread, fruit*
NORMAN A. PLATE

Busy day oven dinner

This is a good choice when you are involved in pre-Christmas activities.

Oven-fried Chicken
with New Potatoes and Carrots
Lettuce Wedges
Thousand Island Dressing
Hot Fruit Turnovers Vanilla Ice Cream

Coat chicken with crumbs; then dip chicken and vegetables in butter. Arrange all together in a large baking pan and bake. Also bake frozen fruit turnovers, or homemade ones, in the same oven; serve warm, topped with ice cream.

Oven-fried Chicken with New Potatoes and Carrots

- ¼ cup fine dry bread crumbs
- ¼ cup yellow cornmeal
- 1½ teaspoons curry powder
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 3 to 3½-pound broiler-fryer chicken, cut-up
- ½ cup butter or margarine
- 8 medium-sized carrots, peeled
- 8 small whole new potatoes (each about 1½ inches in diameter)
- Chopped parsley

In a small bag combine the crumbs, cornmeal, curry powder, salt, and pepper. Shake the chicken pieces, a few at a time, in the bag and set aside. Place the butter in a large roasting pan or broiler pan (about 12 by 15 inches) in the oven while it is preheating to 400°. As soon as the butter is melted, remove pan from oven. Tilt pan slightly so butter collects in one corner; roll carrots and potatoes in butter to coat evenly and push to one side. Coat chicken with butter, laying pieces side by side with the vegetables.

Bake, uncovered, in a 400° oven for 45 minutes. Remove from oven, turn over the vegetables and chicken, return to oven and cook for 20 minutes longer or until vegetables are tender and chicken thigh meat is no longer pink next to the bone when slashed. Arrange on a platter and garnish with parsley. Serves 4.—*I. R., North Sacramento.* ▫

DARROW M. WATT

Pack anise sticks *or fruit cup cookies in decorative gift boxes (see page 80)*

Here are cookies just right for Christmas giving

A food gift, festively wrapped, pleases practically everyone.

Here's a collection of fruit, nut, and spice-filled Christmas cookies just right for giving. All of them can be made ahead and stored airtight for several weeks or frozen for longer storage.

If you want to pack an assortment of different cookies for gifts, it's best to wrap each kind separately to preserve their flavor and texture.

While you bake the cookies, members of your family might decorate cooky houses to be used as packing boxes. For directions for making cooky house boxes, see page 80.

A second baking gives these anise seed-speckled cookies a toasty, biscuitlike texture. They're delicious after dinner with a glass of Port or a cup of tea.

Toasted Anise Sticks

Beat 4 egg yolks and 1 cup sugar until smooth and lemon colored. In another bowl, beat 4 egg whites until they hold stiff peaks. Fold sugar mixture into beaten whites until blended. Combine ¾ teaspoon baking powder, 1 cup unsifted regular all-purpose flour, and ¼ cup anise seed; then sprinkle flour mixture over batter, about ¼ cup at a time, gently folding just until the flour disappears.

Grease and flour-dust a rimmed baking sheet (about 10 by 15 inches). Pour batter onto pan and spread to make an even layer. Bake in a 350° oven for 15 to 20 minutes or until center springs back when touched.

Cool in pan on a rack for 5 minutes; then cut into 1 by 2½-inch sticks. With a spatula, remove half of the cookies from pan. Turn remaining cookies with cut side up; space out on pan and return to a 350° oven until lightly toasted, about 10 minutes. Cool on wire racks. Repeat the toasting with the remaining cookies. Makes 5 dozen.—*E. H., Menlo Park, Calif.*

Like miniature fruitcakes, these moi cookies age well. Look for the pap bonbon cups in candy shops or stor selling party goods.

Fruitcake Cooky Cups

- ¼ cup (⅛ lb.) soft butter or margarine
- ½ cup firmly packed brown sugar
- ¼ cup jelly (such as apple or currant)
- 2 eggs
- 1 teaspoon vanilla
- 1½ cups regular all-purpose flour (unsifted)
- 2 teaspoons soda
- ½ teaspoon *each* ground allspice, cloves, cinnamon, and nutmeg
- 1 cup chopped walnuts or pecans
- 1 cup currants or seedless raisins
- 1 cup chopped candied glacé cherries or fruitcake mix

Beat together the butter, brown suga and jelly until smooth. Add eggs ar vanilla; mix well. Combine flour, sod allspice, cloves, cinnamon, and nutme stir half into creamed mixture. Combi remaining flour with nuts, currants, ar cherries; add to creamed mixture ar blend well.

Spoon about 1½ to 2 teaspoons batt into each paper bonbon cup and pla about 1 inch apart on a baking sheet; drop by teaspoonfuls about 2 inch apart directly on lightly greased bakin sheets. Bake in a 300° oven for about to 20 minutes or until centers spri back when touched. Cool on rack Makes about 6 dozen.—*D. K., Pa Alto, Calif.*

Crisp when freshly baked, these anis flavored cookies become tender ar moist as they age. Ask for oil of anise your pharmacy.

Anise Drops

- ¾ cup firmly packed brown sugar
- ¾ cup (⅜ lb.) soft butter or margarine
- 3 tablespoons molasses
- 1 egg
- 2 tablespoons water
- ¼ teaspoon oil of anise
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon baking powder
- 3 cups regular all-purpose flour (unsifted)
- Colored sugar crystals

Beat together the brown sugar, butte and molasses until smooth. Add eg water, and oil of anise; beat well. Cor bine cinnamon, cloves, baking powde and flour; gradually stir into cream mixture.

Divide dough into 4 parts, wrap eac and chill just until firm; then roll into rope about 1 inch in diameter, and r wrap. Chill until firm.

To bake, cut each rope into ½-inc thick slices. Press top of each cooky in sugar crystals (sprinkled on wax paper) then place about 1 inch apart lightly greased baking sheets. Bake in 350° oven for 12 minutes or until bo toms are lightly browned. Cool tho oughly on racks. Makes 7 dozen.—*C. C Cerritos, Calif.*

3 entertaining ham dishes that start with Real Mayonnaise.

And that's the other name for Best Foods.

It takes creamy-smooth Real Mayonnaise to make your holiday ham so lusciously festive. Heat it or chill it. Real Mayonnaise is so fresh and delicate, it brings out the good flavor in hot or cold ham. And Real Mayonnaise means whole-egg Best Foods.

HOLIDAY GLAZED HAM

:amy Best Foods helps glaze ham to keep it beautifuly fresh until ready to serve.

4 envelopes unflavored gelatin
2 cups cold chicken broth
4 cups BEST FOODS Real Mayonnaise
1 can (8 to 10 lb) fully cooked ham

ften gelatin in broth in small saucepan. Dissolve over low heat. Remove from at and stir in Real Mayonnaise. Let set 30 minutes or until slightly thickened. oon about 1 cup glaze over ham to coat top and sides evenly. Let set. Continue il ham is completely coated and glaze is all used. Garnish as desired. Cover d chill until ready to serve. Serves about 30. **Note:** To glaze ■ 5-pound ham, cut redients for glaze in half.

EASY EGGS BENEDICT

Best Foods replaces butter and egg yolks for no-worry Hollandaise.

3/4 cup BEST FOODS Real Mayonnaise
1/4 teaspoon salt
1/4 cup heavy cream, whipped
1 teaspoon grated lemon rind
1 tablespoon lemon juice
4 English muffins, split and toasted
Nucoa® margarine
Cooked ham slices
8 poached eggs

Mix Real Mayonnaise and salt in saucepan. Cook over very low heat about 3 minutes. Stir in whipped cream, lemon rind and juice. Spread muffins with margarine. Arrange ham, then egg over muffin halves. Spoon on sauce. Serves 4 or 8.

HAM & ASPARAGUS PIE

Whole-egg Best Foods makes a filling that's creamy without adding cream.

3 tablespoons Nucoa margarine
1 tablespoon Argo® corn starch
3/4 teaspoon salt
1/8 teaspoon pepper
1 cup milk
1/4 cup BEST FOODS Real Mayonnaise
2 cups diced cooked ham
2 packages (10 oz each) frozen cut asparagus, cooked
1 tablespoon lemon juice
1 baked 9-inch pastry shell
1/4 cup grated Parmesan cheese

Melt margarine in saucepan over medium heat. Stir in next 3 ingredients. Remove from heat. Gradually stir in milk until smooth. Cook over medium heat, stirring constantly, until sauce comes to boil and boils 1 minute. Stir small amount of hot mixture into Real Mayonnaise, then stir into hot mixture in saucepan. Add ham, asparagus and lemon juice; cook until heated. Turn into pastry shell. Sprinkle with cheese. Broil about 2 minutes or until lightly browned. Serves 6.

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Red cabbage, sweet and tart

The color of red cabbage determines the way it should be cooked. Put it in plain salted water like other vegetables and it changes to an unappetizing shade of blue. But add something tart like apples or vinegar, and its natural purplish red deepens to a rich wine color. Then usually something a little sweet is also needed to balance the flavor.

Red cabbage dishes, with their typical sweet-tart flavor, go especially well with the rich meats traditionally served at this season. This is true of both recipes here.

Danes serve the sweet and sour cabbage with roast pork or goose. It also goes well with sauerbraten and sausages.

The cabbage soup makes a complete lunch or supper if accompanied by crisp buttered rusks or hot French rolls.

Danish Sweet and Sour Cabbage

Finely shred 1 medium-sized (about 2 lbs.) red cabbage. In a 3 or 4-quart saucepan over medium-high heat, melt 4 tablespoons (⅛ lb.) butter or margarine; stir in the cabbage, ½ cup water, 3 tablespoons *each* cider vinegar and red currant jelly, and (if you wish) ½ teaspoon caraway seed.

Bring to a boil, cover, and simmer gently for 1½ hours, stirring occasionally; add a little more water if cabbage cooks dry. Salt to taste and serve hot. Serves 6.

Red Cabbage and Sausage Soup

- 1 small head (about 1 lb.) red cabbage
- 4 tablespoons (⅛ lb.) butter or margarine
- 1 medium-sized onion, finely chopped
- 2 cloves garlic, minced or mashed
- 1 can (1 lb.) pickled sliced beets
- 2 cans (14 oz. *each*) regular-strength beef broth
- About 1 pound kielbasa (Polish sausage), cut in ½-inch slices
- 1 tart apple, peeled and chopped
- Sour cream

Finely shred the cabbage. In a Dutch oven or 4-quart heavy saucepan, melt the butter and sauté the onion and garlic until golden. Drain the beet liquid into the pan (set aside beets), and add the broth and cabbage. Bring to boiling, cover, and simmer for 1 hour and 15 minutes.

Cut the beets into thin strips. Add the beets, sausage, and apple to the pan; return to boiling and simmer 15 minutes more or until apple is tender. Skim and discard fat. Serve hot and offer sour cream to spoon over individual portions. Serves 4.—*H. N., San Francisco.* □

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With whole-berry cranberry sauce

·t **whole-berry** cranberry sauce, a tra- onal holiday relish, is accented with nge juice and sweetened with brown ar in this new version.

e sauce can be used in a variety of ys. Serve it with your Christmas tur- or roast, or combine it with other ds for these three quick desserts. The lesauce also makes an excellent relish pork or ham.

anberry Orange Sauce

ish and drain 4 cups (1 lb.) fresh cran- ries. In a 3-quart or larger pan, com- e the berries, 2 cups packed brown ar, 3 tablespoons frozen orange juice ncentrate (undiluted), and 1¼ cups ter. Bring to boiling and boil, uncov- d, until most of the berries pop open, out 5 minutes. Let mixture cool; then ver and chill until ready to use. Makes ups.—*D. W., Palo Alto, Calif.*

anberry Applesauce

r together 2 cups applesauce (canned homemade) with 2 cups of the Cran- ry Orange Sauce (recipe above). ver and chill before serving. Makes 6 vings.—*D. L., Arcadia, Calif.*

anberry Mincemeat Sundaes

a small pan combine 1 cup of the anberry Orange Sauce with 1 cup ncemeat and ¼ cup honey. Over me- m heat bring the mixture to a sim- r; remove from heat and stir in 2 lespoons brandy or ¼ teaspoon andy flavoring. Spoon the warm sauce er individual bowls of vanilla ice eam. Pass toasted sliced almonds to rinkle over the sundaes. Makes 2 cups uce, enough for about 8 servings.— *H., Indio, Calif.*

ked Bananas in Cranberry Sauce

el and cut 3 medium-sized firm-ripe nanas in half crosswise, then cut each lf lengthwise. Arrange in a single layer a buttered 10-inch pie pan.

hirl 1 cup of the Cranberry Orange uce in a blender until smooth, or press e sauce through a food mill or wire rainer. Melt ¼ cup butter or margarine a small pan, add the sauce, and bring a simmer. Pour the hot sauce over the nanas and sprinkle with ¼ cup finely opped pecans or walnuts.

ake, uncovered, in a 400° oven for 10 inutes or until the bananas are soft. rve warm. Pass sour cream and brown gar to sprinkle over. Makes 4 servings. *-H. N., San Francisco, Calif.* □

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Seasoning Suggestions: Lemon juice, tabasco sauce, chili sauce, catsup, Worcestershire sauce, salt, pepper, mustard, liquid smoke, sherry or vermouth, and selected herbs and spices.

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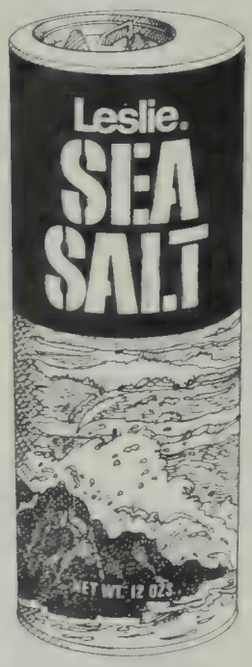

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He invented the mixture while trimming the tree

Christmas tree spinach? Be serious. What's the recipe anyway? Two bunches of spinach and a yard of twinkle lights?

If something like that runs through your mind when you hear the title of Jack Luckett's recipe, suspend doubt for a moment and read on. His logic runs like this: He invented the mixture while trimming the Christmas tree. He had spinach on hand because it's crisp and abundant in winter. He wanted something elegant and tasty enough to follow homemade pâté on toast. Ergo, Christmas tree spinach.

Mrs. Luckett created the pâté, and the two of them sat down to a good bottle of Claret, the pâté, the spinach, and braised lamb shanks, while the tree glimmered behind them. It was super.

Christmas Tree Spinach

- 1 pound spinach (1 to 2 bunches)
- 1 tablespoon bacon drippings or butter
- 1 large onion, finely chopped
- ¾ cup sliced mushrooms
- 1 tablespoon flour
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ⅓ cup light cream or milk
- Lemon wedges (optional)

Trim and discard stems from spinach. Wash the leaves thoroughly and cut or break into bite-sized pieces; set aside.

Heat the bacon drippings in a large frying pan (one that has a cover) and sauté onion and mushrooms over medium heat until onion is translucent. Add the flour, nutmeg, salt, and pepper; cook until bubbly, then gradually add the cream and cook, stirring, until mixture boils. Stir in the spinach and cover for a minute or two until spinach wilts. Serve immediately with lemon wedges to squeeze over, if you wish. Makes or 4 servings.

J. Luckett

Cardiff-by-the-Sea, Calif.

Chef Fred Cherry turns up occasional with a new feat of legerdemain, th darts off to occupy himself with h many other interests. This time h sleight of hand involves saucing a goo and is therefore perfect for the seaso In May of this year, he presented *Che of the West* a trick soup in which t turtle of the title did not take part. He he creates the illusion of a piquant ca bage relish, but employs beets. Y must make it to believe it.

Sauce for the Goose

- 2 tablespoons goose fat or butter
- 1 large onion, finely chopped
- 1 clove garlic, minced or mashed
- 1 can (1 lb.) pickled beets
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 whole cloves
- ¼ cup dry Sherry
- 1 slice dark rye bread, finely crumbled
- ¼ cup lemon juice
- Red food coloring (optional)

In a large frying pan (one that has cover) melt enough goose fat to make tablespoons drippings (or use butte add onion and garlic and sauté ov medium heat until translucent. Dra

Chefs of the West®

The Art of Cooking . . . by men . . . for m

WHAT TO DO WITH WINE BESIDES DRINK IT.

Unfortunately, wine doesn't come with instructions. And lots of people have never known much about its proper care.

We at Inglenook Vineyards would like to take this time to give you a few pointers on the subject.

We spend a lot of time and money in the making of our wine. And once it passes out of our hands, we'd like to feel that it's being given the best possible treatment.

DON'T MAKE THIS COMMON MISTAKE.

Wine should always be stored lying down on its side, never standing up. That's so the cork will always be moist. If the cork dries out, air will get to the wine and spoil it.

Bad. Good.

Keep wine in a cool, dark place. About 55–60 degrees is just right. But the most important thing is that the temperature be constant. It should vary no more than a few degrees year 'round.

DECANTING WINE.

If you have wines five years old and older, they may have a little sediment in them. In order to serve the wine without the sediment getting mixed up in the wine, you should decant it.

To do this, just pour the wine very slowly into another bottle or carafe. Place a candle behind the neck of the bottle and the second you see a little sediment coming across, stop.

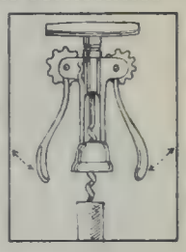
THE ROOM TEMPERATURE MYTH.

White wines and sparkling wines such as Champagne and rosé should be served cold. How cold is cold? 45 degrees is just right. If you don't have a thermometer, put the wine in the refrigerator for 2½ hours before serving. Or in a bucket with ice cubes and water for 15 minutes.

Red wines should be served at room temperature. But this doesn't mean 72 degrees. The "room temperature" standard was established in Europe long before the invention of central heating. At that time, rooms in Europe were about 65 to 68 degrees, which is the perfect temperature for serving red wines. You can bring a wine's temperature down to that level by placing it in the refrigerator five minutes before serving. But never heat a bottle of red wine in order to get it up to the proper temperature. There's no quicker way to destroy a bottle of wine than to heat it up.

AVOIDING THAT METALLIC TASTE.

Remove the metal capsule from the top of the wine bottle below the lip. With a napkin, clean off the top between the cork and the glass. This is done because it's impossible to pour wine from a bottle without spilling a little on the lip. And since the metal cap is sometimes corroded, the wine could pick up a metallic taste if it were to spill over the edge.



Now remove the cork, gently, so as not to disturb the wine. We recommend the wing-type corkscrew because you don't have to jerk it to get the cork out.

A FINAL WORD OF CAUTION.

Now that you know the basics of how to treat wine, you should also know there aren't many wines around that deserve this kind of treatment.

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If you look on the label of our wine, you'll see the words, "Produced and Bottled by Inglenook Vineyards".

This means we produce the wine from start to finish, in order to make sure that our wine is never mishandled.

Naturally, this kind of extra care costs extra money.

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And it'll take good care of you.

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the beets, reserving ¼ cup of the liquid; then finely chop the beets and add to the onion along with the reserved beet liquid, salt, pepper, cloves, and Sherry. Whirl bread in a blender or crumble well with a fork and stir into the beet mixture.

Cover and simmer 15 minutes, then remove from heat and discard cloves. Stir in lemon juice, and food coloring if desired. Serve warm or at room temperature with goose or any other fatty or smoked meat. Makes about 2 cups of sauce.

Fred Cherry

San Anselmo, Calif.

On a wet chilly winter evening in the Northwest, *Chef* W. L. Johnson makes up a pot of chowder.

There's something about a good fish chowder when you're cold and hungry that nothing else quite matches, and the finest description of the delectable stuff is Herman Melville's from the fifteenth chapter of *Moby Dick*, wherein he gives the recipe of one Mrs. Hussey of Nantucket. It's enough to make you cry with delight and hunger for a full bowl.

Chef Johnson prepares his chowder at the other extremity of the continent, at his cabin retreat on Crane Island in the San Juans, but even Ishmael and Queequeg would call for more.

Crane Island Chowder

- 4 tablespoons butter or margarine
- 2 tablespoons chopped onion
- 1 clove garlic, minced or mashed
- ½ teaspoon thyme leaves
- 1 tablespoon chopped parsley
- ⅛ teaspoon *each* pepper and crushed fennel seed
- 1/16 teaspoon ground saffron (optional)
- 3 tablespoons dry Vermouth
- 1 can (8 oz.) minced clams
- 1½ pounds rockfish or lingcod fillets, cut into bite-sized chunks
- 2 cans (10½ oz. *each*) condensed cream of celery soup
- 1½ cups milk
- 1 can (4½ oz.) small shrimp, drained and rinsed

In a 3 to 4-quart sauce pan, melt 2 tablespoons of the butter over medium heat; add the onion, garlic, thyme, parsley, pepper, fennel, and saffron (if used), and sauté until onion is translucent. Add the Vermouth. Drain the liquid from the clams into the onion mixture; set clams aside. Stir in the fish chunks, cover, and simmer 10 minutes or until fish is firm and opaque throughout. Stir in the soup, milk, shrimp, and clams. Heat, stirring often, until steaming. Pour into a tureen and add the remaining 2 tablespoons butter. Makes about 2 quarts.

Wm L. Johnson, Jr.

Renton, Wash.

Let's be frank. This mixture is not for everybody. Our tasters ran the gamut of responses, from squeals of delight to grunts of dismay.

It all begins with leftover turkey. Then come oysters. You lose some people right there. Look over the ingredients yourself—you may love it.

Turkey and Oyster Get-Together

- 2 tablespoons butter or margarine
- ¼ cup finely chopped onion
- ½ cup finely chopped celery
- 2 tablespoons chopped canned pimiento
- 4 tablespoons regular all-purpose flour
- 1 can (10½ oz.) condensed chicken broth
- Salt and pepper
- ¾ teaspoon poultry seasoning
- 1 jar (10 oz.) Pacific oysters, drained and cut into bite-sized pieces
- 3 cups cooked turkey, coarsely diced
- 2 hard-cooked eggs, diced
- 1 package (8 oz.) refrigerated biscuits

In a large sauce pan, melt butter over medium heat; add onion, celery, and pimiento and cook until onion is limp, about 5 minutes. Stir in flour and cook until bubbly. Gradually add the broth and cook, stirring, until bubbly and thickened. Season with salt and pepper to taste and poultry seasoning.

Gently stir in the oysters, turkey, and eggs. Turn mixture into a 2-quart casserole. Bake, uncovered, in a 375° oven for 20 minutes or until mixture is bubbly. Separate the biscuits and arrange over top of turkey mixture and continue baking until biscuits are well browned, about 15 minutes longer. Makes about 4 servings.

Robert G. Ross

Hayward, Calif.

Thomas B. Quinn's recipe evokes a complex emotion for him and his family. "In early 1971, I resigned my job and bought the 100-year-old Marshall Hotel

"Push meat to one side of pan"

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International Multifoods

on the Marin coast north of San Francisco. This is one of the dishes we served in our restaurant—all of them were pretested on our teen-aged children. The hotel was destroyed by fire last November, so I'm facing the business world again, but my family and I have the memories of a wonderful experience."

Beef à la Mode Marshall

- 2 pounds boneless beef chuck
- 2 tablespoons olive oil or salad oil
- 1 medium-sized onion, chopped
- 2 bay leaves
- 1 teaspoon thyme leaves
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 cups dry red wine
- 1 tablespoon cornstarch blended with ¼ cup cold water
- Chopped parsley (optional)
- 2 to 3 cups cooked white or brown rice

Cut meat in 1½-inch cubes. Heat oil in a Dutch oven over medium-high heat and brown beef cubes on all sides. Push meat to one side of pan, add onion and cook until limp; add bay leaves, thyme, salt, pepper, and the wine. Bring to a boil, reduce heat, cover, and simmer for about 1 hour or until meat is tender. Remove cover, skim and discard fat. Stir in cornstarch and water mixture; cook, stirring, until liquid thickens. Transfer to serving dish, sprinkle with chopped parsley, and serve with hot rice. Makes 4 to 6 servings.

Santa Monica, Calif.

Wine men's journals

Readers with a strong interest in wines might enjoy looking behind the scenes a bit with two recent books by wine industry men.

My Life With Wine, by Francis Lewis Gould, with an introduction by M.F.K. Fisher (1972; 72 pages, $4.95 postpaid from 1500 Wheeler Way, St. Helena, Calif. 94574). It's a slender book, but a disarming one. The author, hale and hearty at 88, may be known to some as the jovial editor of Charles Krug Winery's quarterly *Bottles and Bins* since its inception in 1949.

Diary of a Winetaster, by Harry Waugh (Quadrangle Books, New York, 1972; 228 pages, $6.95). For about 20 post-World War II years, the author worked for the old English wine importing firm of Harvey's. This his fourth book, is based on wine tasting visits to France and America in 1970 and 1971. He gives his evaluations of many California wines he tasted, including jug wines—which impressed him quite favorably. □

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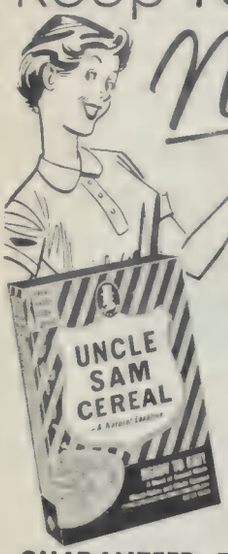

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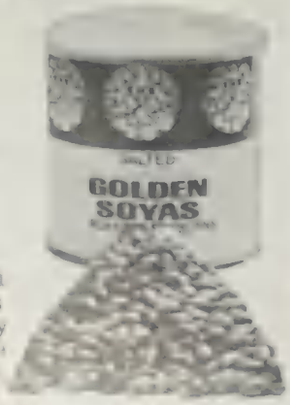

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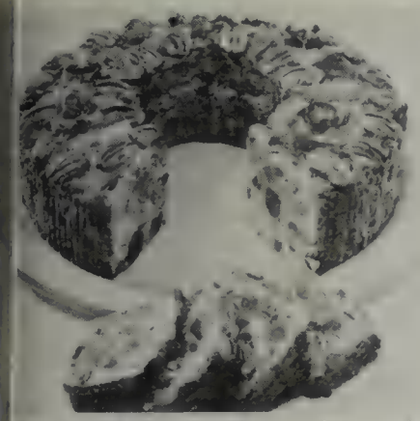

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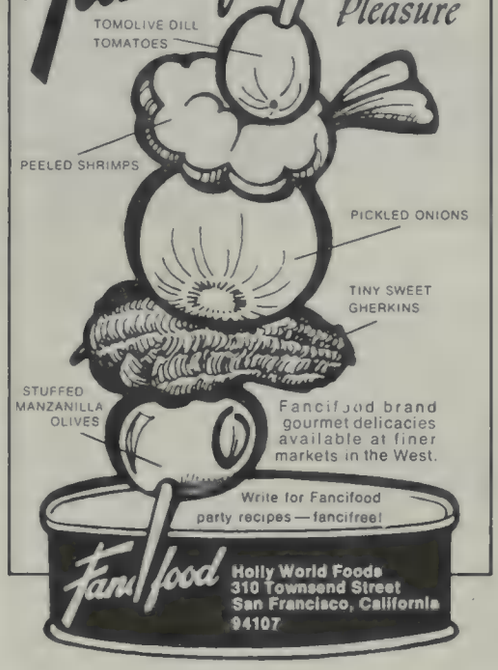

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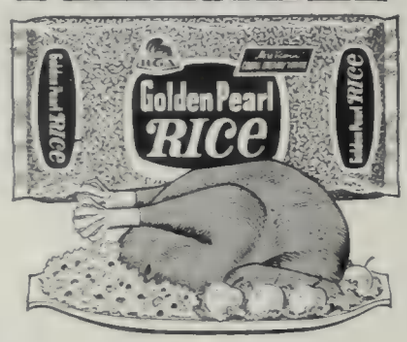

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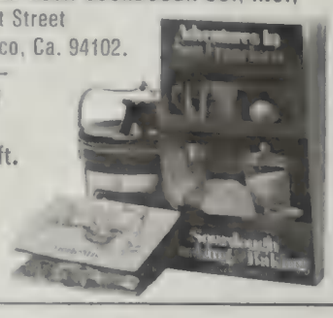

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by
Ken Cook, President

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DARROW M. WA

Tender *breakfast wreath. Pull apart to serve*

To slice for Christmas breakfast

One of the pleasures of Christmas morning, perhaps after gifts have been opened, can be sharing a loaf of this warm and fragrant breakfast yeast bread with your family.

Flavored with aromatic cardamom, our braided Swedish wreaths (the recipe yields 2 loaves) can be made ahead, frozen if you wish, then reheated to serve. To reheat, wrap each thawed loaf in foil and place in a 350° oven for about 20 minutes; then decorate with icing and cherries. Since cutting tends to squash this tender bread, it's best to pull it apart to serve.

Swedish Cardamom Wreath

- 1 package active dry yeast
- ¼ cup warm water
- 2½ cups milk, scalded and cooled
- ¾ cup (⅜ lb.) butter or margarine, melted and cooled
- 1 egg
- ½ teaspoon salt
- 1 cup sugar
- 1½ teaspoons ground cardamom
- About 7 cups regular all-purpose flour, unsifted
- Sugar icing (recipe follows)
- Red or green candied cherries, halved

In a large bowl blend yeast and water; let stand 5 minutes. Stir in the milk, melted butter, egg, salt, sugar, and cardamom until blended.

With a heavy spoon, stir in 7 cups of the flour to form a stiff dough. Turn dough onto a lightly floured board and knead until smooth and elastic, abou 10 minutes; add flour as needed. Plac in a greased bowl; turn dough over t grease top; cover and let rise in a warr place until almost double, about 1½ to 2 hours.

Punch down dough and divide into equal portions; then roll each to forr ropes about 24 inches long. Place ropes on a lightly floured board; pinc tops together, and loosely braid. Forr braid into a ring, pinching ends together and place on a greased baking sheet. Re peat to make second braided wreath Cover and let rise in a warm place unti almost double, about 40 minutes.

Bake in a 350° oven for about 35 to 4 minutes or until a medium brown. I you bake both loaves in the same oven switch their positions halfway throug the baking time.

Transfer to wire racks and cool 10 min utes. Spoon sugar icing around tops o wreaths, letting it drizzle down the sides Decorate with cherries if you desire. Or cool loaves without icing, wrap, anc freeze. To serve, thaw, reheat according to preceding directions, then decorat with icing and cherries. Makes 2 larg loaves.—*D. L., Los Angeles.*

Sugar Icing. For each loaf, beat unti smooth 1 cup unsifted powdered sugar 2 tablespoons milk, and ½ teaspoor lemon extract. Double recipe to make icing for 2 loaves.

MOMENT OF TRUTH AT THE SUPERMARKET

You watch closely as the cash register totals ur purchases. But consider more than price en you think of value. Value includes quality d selection. It includes service. It includes helpful extras like unit pricing and freshness code dating. The moment of truth adds up to more value than ever shows on the register tape.

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THE FOOD PEOPLE WHO CARE

Two delicious whole-meal soups

Hot soups that make almost a complete meal come in handy during the busy holiday season.

Below are two substantial whole-meal soups to serve the family. You might like to round out the meal with slices of hot crusty bread and a crisp green salad. For dessert, serve fresh oranges or a citrus compote.

Both soups need little attention while cooking, but you should start them a couple of hours before serving. While the meat and liquids simmer gently to make a flavorful broth, prepare the vegetables and other ingredients.

Two different cuts of lamb cook in the first recipe. Breast of lamb simmers tender in water as it makes a rich broth, then you drop ground lamb meatballs into the boiling broth to cook. Vegetables and barley complete this hearty soup.

In the second recipe, bite-sized bits of beef and a colorful array of vegetables cook in a tomato-flavored broth. Add spicy linguisa (Portuguese sausage) to season this winter soup.

Double Lamb Soup

- 2 pounds breast of lamb
- 2 quarts water
- 2 cans (14 oz. *each*) regular-strength chicken broth
- 1 teaspoon salt
- ¼ teaspoon thyme leaves
- 4 whole black peppers
- 1 bay leaf
- 1 tablespoon Worcestershire
- 1 quart water with 1 teaspoon salt
- ½ cup pearl barley
- 1 medium-sized onion
- 1 stalk celery
- 1 large carrot
- Lamb meatballs (recipe follows)
- ¼ cup Scotch whisky (optional)

Cut the lamb into riblets. In an 8-qu or larger Dutch oven, sauté the la over medium heat, turning the pie until lightly browned on all sides. Dr off and discard any excess fat. Add 2 quarts water, broth, salt, thyme, p pers, bay, and Worcestershire. Co and simmer about 1½ hours or u meat is tender when pierced.

Meanwhile, bring the salted water t boil. Add the barley and simmer u barely tender, about 30 minutes. Dr and set aside. Chop the vegetables a prepare the meatball mixture; set aside

When the lamb is tender, add the veg tables and cooked barley to the so Form the meatball mixture into balls ¾ inch in diameter and drop into the bo ing broth as they are formed. Cover a simmer for 15 minutes or until meatba are no longer pink when cut into. R move from heat. Skim off and disca fat. Stir in the Scotch, if used. Ladle in bowls. Makes 6 to 8 servings.—*P. F., Sa ramento.*

Lamb meatballs. Mix together 1 poun ground lamb, 1 egg, 2 tablespoons re ular all-purpose flour, 1 teaspoon salt, ½ teaspoon crumbled mint leaves, and ½ teaspoon pepper.

Beef and Linguisa Soup

- 1 pound boneless lean beef, cut in bite-sized pieces
- 3 cans (14 oz. *each*) beef broth
- 2 cloves garlic, minced or mashed
- 1 bay leaf
- ¼ teaspoon pepper
- 1 can (8 oz.) tomato sauce
- 1 pound linguisa, cut in 1-inch lengths
- 2 small new potatoes (about ½ lb.) cut in 1-inch cubes
- 2 small carrots, peeled and sliced
- 1 stalk celery, sliced
- 1 small onion, coarsely chopped
- 1 small green pepper, diced
- ¼ of 1 small head cabbage, coarsely shredded

In a 5-quart or larger Dutch oven, com bine the beef, broth, garlic, bay, pepper and tomato sauce. Cover and simme until meat is tender when pierced, abou 1½ hours.

Add the linguisa, potatoes, carrots, cel ery, onion, green pepper, and cabbage Cover and simmer until vegetables ar tender, about 20 minutes. Skim off an discard any fat and serve. Makes 6 to 8 servings.—*H. K., Richmond, Calif.*

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Gorton's Hot Clam Party Dip

- ¼ cup Green Pepper
- ¼ cup butter or margarine
- 1 cup process cheese spread – cubed (about 4 oz.)
- ¼ cup Onion
- 1 6½ oz can GORTON'S minced clams (drained)
- ¼ cup chili sauce

Cook and stir onion & green pepper in butter until onion is tender
Add cheese, and cook over low heat stirring constantly until cheese is melted.
Add clams & chili sauce and heat through.
Serve hot with crackers.

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Cheese bites served hot

y and fragrant, these two hot cheese izers are easily managed for holi- ntertaining. Both can be assembled head and are ready to bake just be- erving. Offer them before dinner or soups or salads.

cheese crisps are shaped like re- rator cookies. You can keep the of dough in your refrigerator ready ce and bake whenever you need . Add nuts or crunchy seeds for fla- hanges.

second recipe starts with cubes of l, cut from an unsliced loaf. The s are thickly coated with cheese, they crisp and toast in the oven.

se Crisps

together 1 jar (about 5 oz.) sharp ess American cheese spread and ½ (¼ lb.) soft butter or margarine well mixed. Add ¼ teaspoon salt, h of cayenne pepper, and 1½ cups ar all-purpose flour, unsifted; stir blended. Form into 2 logs each 1¼ s in diameter. Wrap tightly and gerate on a flat surface. Chill for 2 s or as long as 1 week.

logs a little less than ¼ inch thick place slices on ungreased baking s about ½ inch apart. Bake in a oven until color deepens a little, 20 minutes. Serve hot. Makes about 5 n.—*J. H., Los Altos Hills, Calif.*

variation, stir into the dough one of ollowing: ½ cup finely chopped pe- , ¼ cup toasted sesame seed, or ½ oon caraway seed.

ty Cheese Cubes

crusts from a 3-inch section of day- nsliced white bread; cut into 1-inch s. In a small bowl have ready 1 cup ly shredded Parmesan cheese (if wish, add 3 tablespoons instant ed onions, finely chopped). In an- r bowl, beat 2 eggs with a fork and in 5 tablespoons melted butter or garine and a dash of garlic powder; n a larger bowl of warm water to butter liquid. Use 2 forks to roll s in egg mixture to coat all over; roll them in the Parmesan. Place nch apart on an ungreased baking t. (At this point you can cover and gerate the cubes up to 6 hours.)

e in a 400° oven until cheese turns gold, about 10 minutes. Serve hot. es about 2 dozen.—*R. W., Mon- y, Calif.* □

Fillet with Maggi: Place 1 lb. fish fillets in baking dish. Cover with one 3½ oz. can onion rings and 1 teaspoon Maggi® Seasoning. Bake 20 mins. at 350°F. Serves 4.

Spaghetti al Maggi: To 1 cup canned spaghetti, add 1 teaspoon Maggi Seasoning.

Zesty Sauce with Maggi: To ¼ cup catsup, seafood cocktail sauce, mustard or sweet relish, blend in ¼ teaspoon Maggi Seasoning.

Spicy Dip à la Maggi: Combine 1 pint sour cream, 1 envelope dehydrated onion soup mix, 1 teaspoon Maggi Seasoning. Stir and chill. Makes 2 cups.

Mashed Potatoes with Maggi: When preparing mashed potatoes (instant or your own), add 1 teaspoon Maggi Seasoning to each 2½ cups potatoes.

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'tis the season for Merry Treats

Festive treats to merry-up your Holidays, made quick 'n easy with Kellogg's Rice Krispies cereal

CLOWN POPS—Shape warm Rice Krispies cereal mixture to form 12 flat-bottomed ovals; insert wooden skewers. When cool, decorate with frosting, raisins, nuts or cooky decorations to make clown faces.

SURPRISE BALLS—Shape warm Rice Krispies cereal mixture into 24 balls around surprise center of a gumdrop, raisins, walnut half, pitted date or candied cherry. Roll in colored sugar or flaked coconut; cool.

PUDDIN' TART SHELLS—Press thin layer of warm Rice Krispies cereal mixture into buttered muffin-pan cups or custard cups to form tart shells. Let stand until firm; remove from pans. Just before serving fill with pudding, sweetened whipped cream, ice cream, or fresh fruit.

SNOWMEN—Shape warm Rice Krispies cereal mixture to form 3 balls of decreasing size for each snowman; roll in flaked coconut. When cool, put balls together with thick confectioners sugar frosting to make snowmen; decorate with raisins, cinnamon candies and gumdrops.

TOY ANIMALS—Press warm Rice Krispies cereal mixture into buttered shallow pans in a layer about ½-inch thick. When slightly cooled, cut into shapes with buttered animal cooky cutters. Frost or decorate as desired.

YOU START WITH THIS FAMOUS "MARSHMALLOW TREATS" RECIPE:

¼ cup regular margarine or butter

1 6-10 ounce package regular marshmallows (about 40) *or* 4 cups miniature marshmallows

5 cups KELLOGG'S® RICE KRISPIES® cereal

Melt margarine in 3-quart saucepan. Add marshmallows and cook over low heat, stirring constantly, until marshmallows are melted and mixture is very syrupy. Remove from heat. Add Rice Krispies cereal and stir until well-coated. Shape with buttered hands into Clown Pops, Snowmen, Toy Animals, and the other "Merry Treats" shown above. See recipes at left.

COOKING WITH Kellogg's®

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Make-ahead party torte

Cool and creamy, this rum-flavored g atin torte is a versatile make-ahead pa dessert. For a large party, prepare grandly scaled version. For smal gatherings, follow the directions making two smaller tortes and free one of them for another occasion.

Rum Custard Torte

- 1 cup finely crushed coconut macaroon cooky crumbs
- 3 tablespoons melted butter
- 2 envelopes unflavored gelatin
- ½ cup brown sugar, firmly packed
- ½ cup granulated sugar
- ¼ teaspoon salt
- 3½ cups milk
- 8 egg yolks
- ½ cup rum (light or dark)
- [illegible] teaspoons vanilla
- 2 cups whipping cream
- About 2 ounces semisweet chocolate, cut in curls with a vegetable peeler

In a 9-inch cheesecake pan with remo able bottom or sides, blend crumbs wi butter; pat over bottom. Bake in a 32 oven for 15 minutes; cool.

In the top of a double boiler blend ge tin with brown and granulated suga and salt, then gradually mix in the mil Cook over direct heat, stirring, un scalding. Beat egg yolks to blend, th add a little of the hot milk; stir egg mi ture into the milk in the double boile Place mixture over slightly simmeri water and cook, stirring, until custard thick enough to coat a metal spoon wi a velvety, even layer; takes about minutes.

At once remove custard from heat a stir in rum and vanilla. Chill custa until cold and it begins to thicken; st occasionally. Whip cream until stiff. Fo custard smoothly into the cream; ch until mixture just begins to set arou edges, then stir to blend evenly and po into the prepared cooky crust. Cov and chill until firm, at least 6 hours overnight. (To make ahead, wrap airtig and freeze up to 2 weeks; let thaw in th refrigerator at least 5 hours.)

Remove pan sides; sprinkle torte wi chocolate. Cut in wedges. Makes 16 t 18 servings.

To make 2 smaller tortes, follow th preceding recipe but line each of 2 cak pans (9-inch diameter with removabl bottoms) with 1 cup cooky crumb blended with 3 tablespoons butter; bak and chill. Fill each pan with half th rum custard mixture. Serve each tort topped with 2 ounces of semisweet choc olate curls. Each torte serves 8 to 9.

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Fresh crab for the holidays

Fresh shelled crab can add a special elegance to holiday entertaining. The two dishes featured here use only small portions of crab, but they're richly dressed and impressive looking first courses.

One crab dish is served cold, the other hot; both are relatively easy to make and require little cooking. You can prepare them up to eight hours ahead and chill them until mealtime. Serve them on scallop shells, or use small individual dishes.

In this attractive chilled appetizer, crab is packed over marinated artichoke bottoms or hearts, then covered with a creamy dressing and a layer of sieved, hard-cooked egg.

Coquille de Crabe

Select 6 scallop shells or other small individual serving dishes. You'll need 24 of the 1½-inch marinated artichoke bottoms or 24 marinated artichoke hearts. You could buy 1 large jar (about 13 oz.) marinated artichoke bottoms or hearts or buy 2 to 3 jars (6 oz. *each*) of the bottoms or hearts. In each dish, place a single layer of 4 drained bottoms or hearts.

Reserve 6 crab legs from ½ pound fre shelled crab. Distribute remaining cr evenly among the dishes, packing th crab in a smooth, even layer over th artichokes.

To make the dressing, combine in small bowl ¼ cup *each* sour crea mayonnaise, and tomato-based ch sauce; stir until smoothly blended. M in ½ tablespoon well drained swe pickle relish and ¼ teaspoon tarrag leaves, crumbled.

Divide the sauce evenly among the p pared crab dishes, using about 2 tab spoons of dressing on each dish. With spatula, spread it as smoothly as possib over the top, coating the crab co pletely. Shell 4 hard-cooked eggs a with a spoon force them through a fi wire strainer. Sprinkle equal portions egg over the surface of each dish, cove ing it completely. Garnish with sm sprigs of parsley around the edges a place a single crab leg on top of eac Serve at once or cover lightly and ch until serving time (within 8 hour Makes 6 servings.

A faint hint of curry, white wine, a brandy blend with delicate-flavored cr in this hot dish topped with toasted, bu tered crumbs.

Crabe à l'Américaine

- 2 tablespoons butter
- 1 medium-sized onion, finely chopped
- ¼ pound mushrooms, thinly sliced
- ½ teaspoon curry powder
- 3 tablespoons tomato paste
- 1 tablespoon brandy
- ¼ cup dry white wine
- ½ cup whipping cream
- 1 pound fresh shelled crab
- Salt and pepper
- Buttered crumbs (directions follow)
- Chopped parsley

Melt butter in a wide frying pan ov medium heat and add the onion a mushrooms; cook, stirring, until veg tables are limp. Stir in curry powder, t mato paste, brandy, wine, and crean bring mixture to a boil and remove fro heat. Gently blend crab meat into th vegetables. Salt and pepper to taste.

Evenly divide the crab among 6 over proof, individual serving dishes or sca lop shells. Top each dish with an eve layer of buttered crumbs. (At this poi you can cover and chill crab up to hours, if you wish.) Bake, uncovered, i a 400° oven for about 10 minutes c until crumbs are lightly toasted and cra is just hot. (Bake about 10 to 15 minute if refrigerated.) Lightly sprinkle choppe parsley over each dish. Serve at onc Makes 6 first-course servings.—*R. C Belmont, Calif.*

Buttered crumbs. Whirl in a blender unt coarsely ground enough white brea (about 2 slices) to make 1 cup of crumb In a small bowl mix the crumbs with tablespoons melted butter.

There's more than one reason to get Coffee Rich.®

When your man was a little boy, he had to be coaxed to eat his vegetables. Now that you've got Birds Eye® Combinations he doesn't.

Before After

Oh, the things mother had to go through to get your man to eat his vegetables when he was a boy.

At Birds Eye, we never forget the little boy who lives inside every man.

That's why we've come up with Birds Eye® Combinations: 20 interesting vegetable combinations a man can love.

Our beans aren't just beans. We add selected seasonings...and then, something extra: toasted almonds. When we prepare our broccoli spears, we even add hollandaise sauce.

Tomorrow night, zip up your man's meal with some Birds Eye Combinations. They're nothing like the vegetables he had when he was a boy.

The vegetables mother never had.

GENERAL FOODS KITCHENS

A unique experience in cheese wedges

Smoother · Milder · Creamier

Laughing Cow Cheese Wedges. First in France ... now spreading all over America. As a smooth spread. As a bite-into snack or light lunch. Entertaining for guests. With fruit, breads and salad. Even inspired for breakfast!

LA VACHE QUI RIT-THE LAUGHING COW

At your supermarket or cheese shop

CHEESES FROM THE LAUGHING COW

Impressionable Cooky dough

To make cookies that retain the deco tive impression of molds, like the cook on *Sunset's* cover, you need dough t holds its shape as it bakes. Our Impr sionable Cooky dough fits that requi ment, and the mild, pleasant flavor is a centuated by a toasty quality develop during low-temperature baking.

Basically, to use this dough with a va ety of cooky molds, you either press t mold down onto a smooth dough su face, or you fill the mold with doug then tap the dough out.

Impressionable Cookies

With a mixer beat 1 cup (½ lb.) butt or margarine with ½ cup firmly pack brown sugar until blended. Add 3 tab spoons honey and 2 uncooked egg yolk mixing well. Finely mash 2 hard-cook egg yolks with a fork and blend into bu ter mixture with ¼ teaspoon almond e tract, ½ teaspoon lemon extract, and teaspoon vanilla. Mix in 4 cups regul all-purpose flour, unsifted. Use at roo temperature.

Shape dough as directed below for ea type of mold. Before making each im pression, dust mold well with flour, th shake out excess. Scrape or brush mol to remove any dough that sticks. Ba shaped dough at 275° for 35 to 45 mi utes (time varies with thickness of coo ies) until firm when lightly touched, ar it has an even, deep gold color. Cool c baking sheet 5 minutes, then transf with a wide spatula to wire racks ar cool completely. Store airtight up to o week at room temperature; freeze f longer storage. Makes 18 to 20 cookie each about 2 by 4 inches.

Cooky Molds

To use individual cooky molds with th entire surface as part of the design, ro

DARROW M. WATT

With multiple *mold make one large cooky. Partially bake; cut into individual cookies*

CALIFORNIA AVOCADO...IT BRINGS JOY TO THE MOLD.

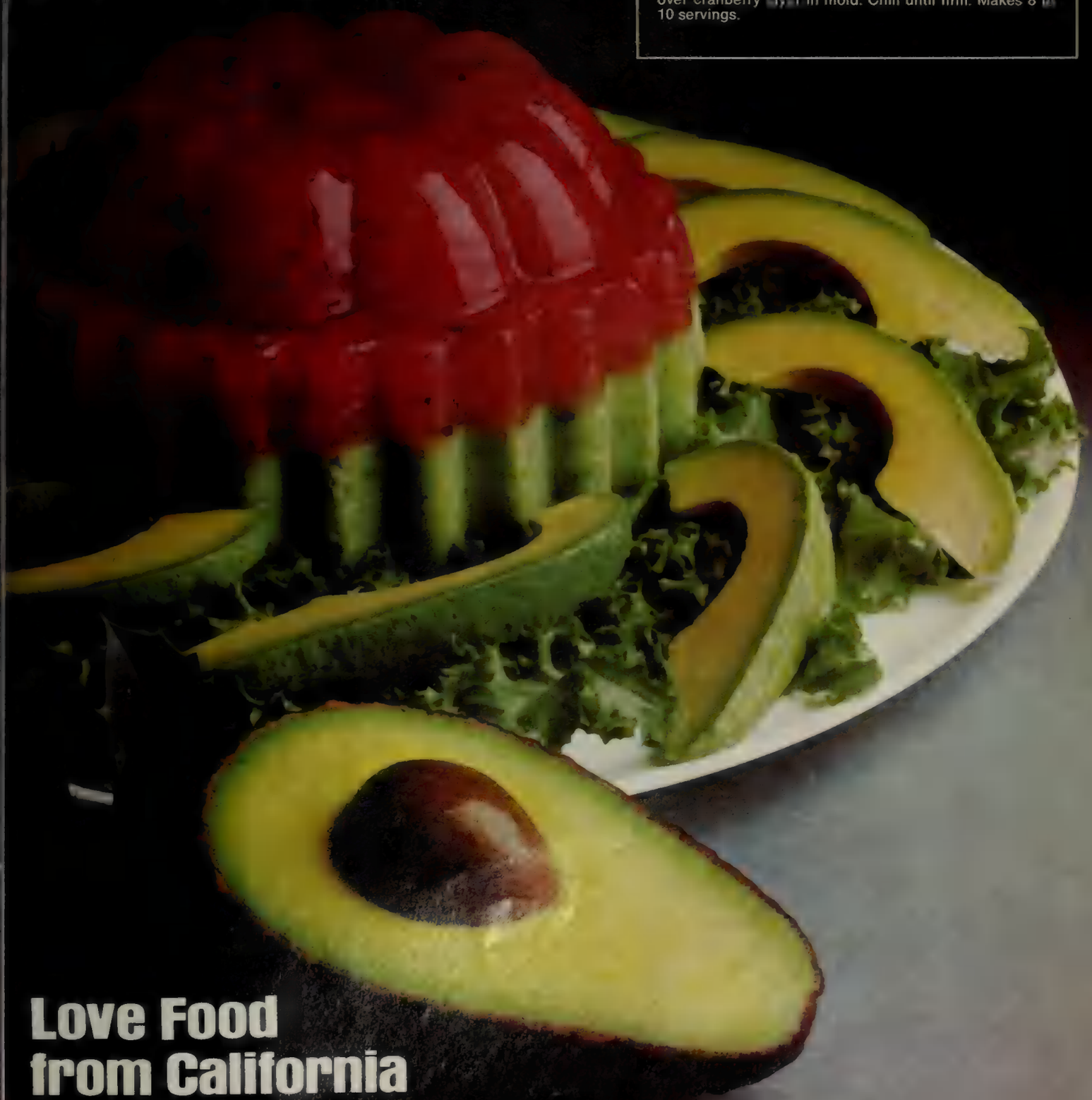
It's a California tradition: the fresh fruit Christmas salad. You make it with fresh California avocado and lime gelatin for holiday greenery, crown it with a cranberry layer for the sheer cheer of it. Mildly tart, just sweet enough, this quivering delight is a first course salad. Or a light dessert. And so pretty, it's like gift-wrapping for your holiday table. From you, the gifted cook.

California Avocado-Cranberry Layered Salad

- 1 package (3 oz.) lemon gelatin
- 3 tablespoons sugar
- 2 cups boiling water
- 1½ cups cold water
- 1 cup fresh cranberries, ground
- 1½ teaspoons prepared horseradish (optional)
- 1 package (3 oz.) lime gelatin
- ½ teaspoon salt
- 1 tablespoon lemon juice
- 1 fully ripe California avocado, peeled and mashed
- 3 tablespoons sour cream

Dissolve lemon gelatin and sugar in 1 cup boiling water. Add ¾ cup cold water. Chill until thickened. Fold in cranberries and horseradish; pour into 1½ quart mold. Chill until set but not firm.

Dissolve lime gelatin and salt in 1 cup boiling water. Add ¾ cup cold water. Blend in mashed avocado, lemon juice and sour cream. Chill until slightly thickened; spoon over cranberry layer in mold. Chill until firm. Makes 8 to 10 servings.



Love Food from California

California Avocado Advisory Board

"Distinguishes the host...

that's what I like about American Lamb."

"My husband enjoys hosting a dinner party when I serve an elegant Roast Leg of Lamb. Bigger, meatier American Lamb. With a tender, young taste that's superbly satisfying. I fix it this easy, uncomplicated way . . . the way a man prefers it!"

French Gigot of Lamb (Makes 6 to 8 servings)

1 leg of lamb
Salt and pepper
¼ cup sweet butter
1 teaspoon fines herbes
1 clove garlic, halved

Sprinkle lamb with salt and pepper. Place on rack in shallow roasting pan. Roast in 325° (slow) oven 30 to 35 minutes per pound or until meat thermometer registers desired degree of doneness. Meanwhile, melt butter and add fines herbes and garlic; simmer 1 minute. Brush lamb with butter mixture frequently during roasting time.

Note: If center cut of leg is roasted, use 2 tablespoons butter, ½ teaspoon fines herbes and 1 small clove garlic. Brush on lamb last hour of roasting time. Fines herbes are available in most spice lines. If unobtainable, substitute your favorite seasonings—rosemary, thyme, etc.

For more free lamb recipes write:

american Lamb council

Dept. LC-172, 200 Clayton Street
Denver, Colorado 80206

FRESH AMERICAN LAMB
In the circle of good taste

DARROW M. WATT

Press *cooky stamp molds onto small, flattened dough rounds*

Fill *deep mold to rim with cooky dough; turn out onto pan*

out a portion of dough about ¼ inc thick on an ungreased baking shee (without sides) until it is slightly large than the mold. (See index for article o how to make your own molds, or us purchased ones.) Firmly and evenly pres floured mold onto dough, then lift u and off gently. Cut excess dough fron edge; reuse scraps and repeat process t shape each cooky. Fit as many cookie as possible onto each sheet.

To use multiple cooky mold (see preceding page) roll out dough about ¼ inc thick on an ungreased baking shee (without sides) until dough is larg enough to accommodate mold one o more times. Firmly and evenly pres floured mold into dough, then lift up an off gently; make another impression be side the first, repeating until entire doug surface is decorated. Cut off outsid edges. Bake 15 minutes, then remov from oven and quickly cut between de signs to make individual cookies; leav in place and complete baking.

To use stamp molds (top photograp above), shape dough into 2 or 3 tea spoon-sized balls and flatten slightly place on ungreased baking sheet and im press each with a floured stamp mold.

To use deep individual molds (at leas 3/16 inch deep) with both outline an surface design (other photograph above press dough into the hollow of wel floured mold. Press the dough level wit rim and even with the design outline Invert mold on ungreased baking shee and tap sharply to release shaped dough Repeat to make each cooky.

ı Holland, we sign our cheese for the same reason a painter signs his canvas

The villagers of Gouda and Edam have always taken eat care to make sure no one confuses their cheeses th imitations.

In Edam, they rub their cheese with a special vermil-n cloth that imparts a reddish glow to the rind.

And in nearby Gouda, cheese is also made in a dis-ctive wheel-shape with a natural yellow rind.

To make doubly sure you can find real Gouda and real Edam, the villagers also add a six-sided mark and the word "Holland."

Whenever you come upon cheese that bears this identifying mark and the words "Holland Gouda" and "Holland Edam" you have found real Gouda and real Edam.

And when you've found real Gouda and real Edam, there is no need to look further.

"Holland Edam, Gouda, and Baby Gouda" by Burton Silverman

HOLLAND
IMPORTED CHEESE

Fish appetizers . . . made in minutes

Busy hostesses should appreciate these fish spread appetizers. All the spreads begin with either canned or packaged fish and can be made in minutes.

Cream cheese forms the base of each, smoothing and enhancing the flavors of smoked salmon, sardines, cod, tuna, or shrimp. Cover and chill the spreads 30 minutes or as long as overnight.

We suggest serving the fish spreads with Melba toast rounds or other crisp, unsalted crackers. Then offer a selection of toppings. Choose three or four of these to serve with each spread: thinly sliced cucumber or green onion, drained capers, hard-cooked eggs pressed through a fine wire strainer, watercress, sliced pimiento, or chopped parsley.

You could serve the spreads from ceramic pots or other small containers with the toppings and crackers in separate containers; or attractively mound the fish mixture in the center of a plate and surround with accompaniments.

Smoked Salmon Spread

Drain 1 can (about 4 oz.) smoked salmon, discarding oil. In a small bowl break salmon apart with a fork until fine flaked. Add 1 small package (3 oz.) so cream cheese and 1 small clove garl (minced or mashed); mix well. Seaso with salt and pepper. Spoon into bowl mound on plate; cover and chill. T serve, garnish with sliced green onion.

DARROW M. W

Scoop *smoked salmon spread garnished with green onion onto crisp cracker, then sprinkle with a topping*

Sardine Spread

You'll need 1 can (about 4 oz.) sardin packed in oil. Lift sardines from ca and split fillets open; remove and discar large bones. Finely flake sardines wi a fork. Add 1 package (3 oz.) soft crea cheese, 1 small clove garlic (minced mashed), ½ teaspoon lemon juice, an a dash of liquid hot pepper seasonin mix well. Season with salt and peppe Spoon into bowl or mound on plat cover and chill. To serve, garnish with slice of lemon.

Alaska Cod Spread

You'll need about 3 or 4 ounces smoke or barbecued Alaska cod (look for it the delicatessen section of your marke also called smoked black cod). Brea fish apart with your fingers, discardin any bones; then finely flake with a fork Add 1 package (3 oz.) soft cream chees mix until blended. Season with salt an pepper. Spoon into bowl or mound ont plate; cover and chill. When time t serve, garnish with a sprig of watercres

Tuna Spread

Drain 1 can (about 7 oz.) chunk-styl tuna, discarding oil. Finely flake with fork; then blend well with 4 tablespoon (2 oz.) soft cream cheese, 1 small clov garlic (minced or mashed), and 1 tea spoon lemon juice. Cover and chill. T serve, garnish with sliced pimiento.

Shrimp Spread

Coarsely chop 7 or 8 ounces fresh, fro zen thawed, or canned shrimp (drained Add 4 tablespoons (2 oz.) soft crean cheese and 1 small clove garlic (mince or mashed); mix until blended, cove and chill. Serve garnished with parsley.

Danola
Seasoned
Greetings

'Tis the season for Danola. Danola Danish Cooked Ham is ready for company anytime, any way you fancy it. Take it straight from the package. Cheese it. Roll it. Spread it or bread it. Fa-la-la-la-la, la-la-la-la.

Manufacturing Milk Producers of California
TRISCUIT made by Nabisco, Inc.
Salame Inc.

Kraft 100% Grated Parmesan is a seasoning cheese. It's parmesan that's aged 14 months, then coarsely grated into large, pure parmesan flecks to add mellow, rich flavor to a wide range of dishes. Here's how it can season meat.

PARMESAN BURGER CASSEROLES

1 lb. ground beef
⅓ cup dry bread crumbs
¼ cup chopped onion
¼ cup Kraft Grated Parmesan Cheese
1 egg, slightly beaten
3 cups hot mashed potatoes
2 tablespoons chopped parsley
Cherry tomatoes
Mushrooms
Green pepper, cut in chunks

Combine meat, bread crumbs, onion, cheese and egg; mix well. Shape into 4 patties; broil until done. Combine potatoes and parsley. Place in 4 individual casseroles. Top each with meat patty. Broil until potatoes are lightly browned; sprinkle with additional cheese. Alternate vegetables on green-proof skewer; broil until hot. Place skewer in meat patty. 4 servings

Eat the basic 4 foods every day

KRAFT Kraftco Corporation

DARROW M. W

Tortilla chips *are good scoopers f this mix of hot and sweet b*

Spicy snack idea from India

An unusual spicy snack from India co tains a mixture of crunchy surprises– dried lentils, split peas, rice, nuts, an sesame seeds. Raisins add a soft, co trasting texture and sweetness.

Crunchy Indian Snack *(Bombay Chiur*

¼ cup *each* uncooked lentils, regular long grain rice, and split peas
About 3 cups water
2 tablespoons salad oil
1 tablespoon sesame seed
1 teaspoon *each* ground coriander and ground cumin
½ teaspoon ground turmeric
½ cup *each* roasted salted peanuts and cashews
¼ cup raisins
⅛ to ¼ teaspoon cayenne
¼ teaspoon ground cloves
1 teaspoon salt
Tortilla chips or potato chips (optional)

Rinse the lentils, rice, and peas, an place in a pan with the 3 cups wate bring to a boil and boil 1 minute. Re move from heat, cover, and set aside fo 10 minutes. Drain and rinse with col water; spread on paper towels and pa dry.

In a wide frying pan, heat the oil ove medium heat. Add the lentils, rice, peas sesame seed, coriander, cumin, and tur meric. Cook, stirring until toasted, 10 t 15 minutes. Remove from heat and sti in nuts, raisins, cayenne, cloves, and salt Store airtight up to a week. To serve pour into a bowl and surround with th chips to scoop up the mixture or serve i plain as finger food. Makes 2 cups.

Teriyaki appetizers

easy to make appetizers when you nbine meats with a teriyaki sauce.

u can mix up your own teriyaki ce, marinate the meats early in the , then broil them just before serving. er meats have soaked 1 hour, remove m marinade and store, covered, in the rigerator. For appetizer meatballs, son ground beef with the sauce, then pe. Chill until ready to bake.

riyaki Sauce. Combine ⅓ cup soy ce, 2 tablespoons *each* sugar and erry, ¾ teaspoon grated fresh ginger ¼ teaspoon ground ginger, and 2 ves garlic (minced or mashed).

riyaki Tidbits

it bite-sized pieces from 1 pound bone- s meats, such as chicken, beefsteak, icken or beef liver. Pour Teriyaki uce over meat. Marinate, covered, in e refrigerator 1 hour. Remove from uce. (Cover and chill if made ahead.)

st before serving, place on a broiler n and broil about 4 inches from the at until meat is no longer pink inside, out 5 minutes. You might serve slices water chestnut or green onion (white rts only) to eat together with the meat. ffer picks to spear the meat and vege- bles. Makes about 70.

eriyaki Beef Roll-ups

uy 1 pound lean boneless beef (such as rloin or top round) cut 1 inch thick, nd 15 to 20 green onions. Slice the beef to strips ¼ inch thick and about 4 nches long. Cut the green onions (white arts only) into about 1 inch lengths. Roll the beef slices around onions; se- ure with a wooden pick. Pour Teriyaki auce over meat. Marinate, covered, in e refrigerator about 1 hour. Remove rom sauce. (Cover and chill if made head.) Place on a broiler pan and broil inches from the heat for about 5 min- tes or until meat is lightly browned. Makes about 35.

eriyaki Meatballs

Combine 1 pound lean ground beef, ¼ up fine dry bread crumbs, 1 egg, and tablespoons *each* of the Teriyaki Sauce nd milk. Form into balls about 1 inch diameter; then dip into the remaining auce, remove, and place slightly apart n a greased rimmed baking pan. (Cover nd chill if made ahead.) Bake, un- overed, in a 450° oven for 10 minutes r until meatballs are no longer pink in- ide. Offer picks to spear them. Makes bout 50.—*K. I., San Francisco.* □

BEEF is...

...a skin sparkler

Beef is a good source of riboflavin, the B vitamin which builds healthy skin and helps maintain a glowing, clear complexion. It is most important to eat foods rich in riboflavin every day.

COW HOLLOW BEEF APPETIZERS: Cut 1½ pounds boneless beef sirloin steak into ¾-inch cubes. Marinate several hours in ⅓ cup soy sauce mixed with 2 tablespoons *each* bottled oyster sauce and honey, ¼ cup sherry and 1 teaspoon grated fresh ginger root. Thread beef and pimiento stuffed green olives on bamboo skewers. (Soak skewers in water first) Broil, turning once. Makes about 16 appetizer servings.

CALIFORNIA BEEF COUNCIL 463 BREWSTER AVENUE REDWOOD CITY CA 94063

Imported Swiss Knight Fondue. Fun on a fork.

Entertain friends and family with imported fondue — Swiss Knight® Fondue. It's made from an age-old recipe and great ingredients: white wine, Kirsch, and two great Swiss cheeses, Gruyère and Emmental. It takes just five minutes to heat up a bit of Switzerland. Bon appetit!

Gerber Cheese Co., Inc., Stamford, Connecticut 06905

Sunset's
GARDEN GUIDE

Christmas lighted ivy tree

NORMAN A. PLATE

Small ivy tree covered with tiny white lights is really a variety of English ivy, 'Pixie,' grafted to a 2-foot fatshedera stem. Nurseries sell three ivy varieties grafted this way. 'Pixie' has small, green crinkly leaves with white veins

:CEMBER IN YOUR GARDEN:

Tree ideas, plants for giving, last minute bulbs

biggest plant kingdom event of De-
ɔer almost certainly involves a
stmas tree. If you don't want to buy
t one, a live tree in a container of-
another way to celebrate the holi-
Nurseries usually sell about a dozen
s of conifers big enough and full
ıgh to serve Christmas duty.

le you're nursery shopping, you
ıt be able to find some fall bulbs for
minute planting. Toward the end of
month you'll probably find the first-
ing bare-root plants. If you're busy
can't plant them right away, cover
roots temporarily with moist sand,
moss, or ground bark. The plants
stay alive to plant when the soil is
e workable.

k for gift plants, too, such as azaleas,
ellias, cyclamen, poinsettias, rhodo-
drons, and roses.

ubs and trees from seeds

st gardeners do not plant seeds in the
dle of winter, but if you'd like to try
ıe adventurous gardening, follow na-
:'s example by planting seeds of cer-
shrubs and trees now. Many tree
shrub seeds are ripe, and you can
: advantage of the winter dampness
chill to start the complex processes
t cause these seeds to sprout. Damp-
s softens seed coats, and cold breaks
dormancy of many embryos so that
seeds can germinate.

Among the ones you can start now are cotoneaster, euonymus, holly, magnolia, mountain ash, pyracantha, rhododendron, and styrax.

Clean seeds before you plant them to get rid of any fleshy pulp that could decay and infect the emerging seedlings. Some seeds, especially hard-coated ones, germinate better if you scratch through their outer shells with a file or piece of sandpaper. Plant seeds three times their depth in pots or flats in a fast-draining soil mix, such as half sand and half peat moss. Put the containers in a cold frame or any other place where they can get shade and constant low temperatures. Keep the soil mix damp.

If you don't have a cold frame, put containers where they'll be protected from birds, mice, and squirrels.

An easy-to-get-along-with tree

The fruit of the strawberry tree (*Arbutus unedo*) looks delicious, but is actually mealy and tasteless. The plant makes up for that failing in many other ways.

For one thing, the fruit is colorful. As it ripens, it changes from green to yellow to orange and finally to red. These color changes last from October to March. While the berries are changing color the tree also displays hundreds of tiny white, vase-shaped flowers that will become next year's fruit.

The 2 to 3-inch-long toothed-edge leaves are light green when young and turn dark green as they age. Like another well known arbutus, the madrone, the bark of strawberry tree is first smooth, then turns red and peely. Strawberry trees do well in most kinds of soil and aren't too fussy about whether they're in full sun or part shade.

They grow from 8 to 35 feet tall and get large and dense enough to make a colorful screen, but you can give them almost

DARROW M. WATT

Drooping clusters *of tiny white flowers (left) appear on strawberry tree at same time as berries (above) ripen and turn red*

Sunset's GARDEN GUIDE

NORMAN A. PLATE

Crown of thorns *bears leaves and ⅓-inch-wide red flowers at the ends of spiny branches*

any shape by careful pruning. (You can even train a container plant as a standard.) If you don't want to use plants as a screen, you should prune off the lower branches to expose the interesting-looking twisted trunks.

Soggy weather lawn-watching

The rainy season provides an opportunity to learn something about the condition of the soil in your lawn. After a heavy rain, look for spots where rainwater stands in puddles for more than a couple of hours. Make note of these places—mark them with a small stake. When the soil dries out in a few days, take samples with a borer or a sampling tube to see if the soil is compacted. Compacted soil is usually the cause of slow drainage because water can't filter through jammed-together soil particles. (Another sign to look for is low spots where grass is growing poorly.)

If you do have compacted areas in your lawn, wait until spring to use an aerating tool. Avoid adding to your problems: Don't walk on the lawn when it's wet.

Bottle garden blues

Sometimes plants in bottle gardens die for no apparent reason. The culprits may be water molds or other funguses that can grow quite fast in a damp environment. Usually the problem is caused by overwatering, combined with the lack of a drainage hole. One sign of too much water is the presence of much condensation on the inside of the bottle.

A quick way to get rid of excess water employs paper towels and an electric fan. Roll a towel into a tube and stick it down into the bottle. When it touches the soil it should draw up excess water by capillary action. Keep blotting with more towels until excess water is gone. In addition, help stir up the air inside the bottle by pointing a fan over the mouth of the bottle. That will speed the exchange of drier outside air for the moister inside air, and it's especially useful if the mouth of the bottle is narrow.

If most of the plants are already dead or dying, the only thing to do is to throw out the plants and soil. Clean out the bottle carefully with hot soapy water, rinse it, and let it dry out. Plant again with fresh potting mix and new plants.

A spiny succulent indoor plant

Native to Madagascar, *Euphorbia milii* has a legend connected with its name: The flowers once were white, but they turned red when the stems were used to make the crown of thorns Jesus wore. The legend may or may not be true, but the flower has been a popular indoor plant for more than a hundred years.

Grow in a rich, well draining potting mix (add leaf mold, for instance). Put the container where it's both bright and warm, but not in direct sun, and provide ample water. If the plant goes dormant and loses its leaves because the soil gets too dry or the temperature too low, you can restore its vitality by watering and moving it to a warmer place. A healthy plant will bloom all year.

Crown of thorns looks tough and woody, but it's really a succulent. Young plants are pliable, and you can espalier branches on a small trellis.

CHECK LIST

Here are the important jobs

☐ **Bulbs.** If you can still buy them, it's not too late to plant daffodils, hyacinths, and tulips. Plant them as soon as possible. Also amaryllis, anemones, callas, and ranunculus are available at most nurseries; you can keep these for a month before planting if you're too busy now.

☐ **Camellias.** Some Sasanqua and Japonica varieties bloom this month, so it's a good time to select one for planting. If the weather remains cool and wet, you may keep them in their nursery cans for a few months. Otherwise set them in a protected spot with partial shade.

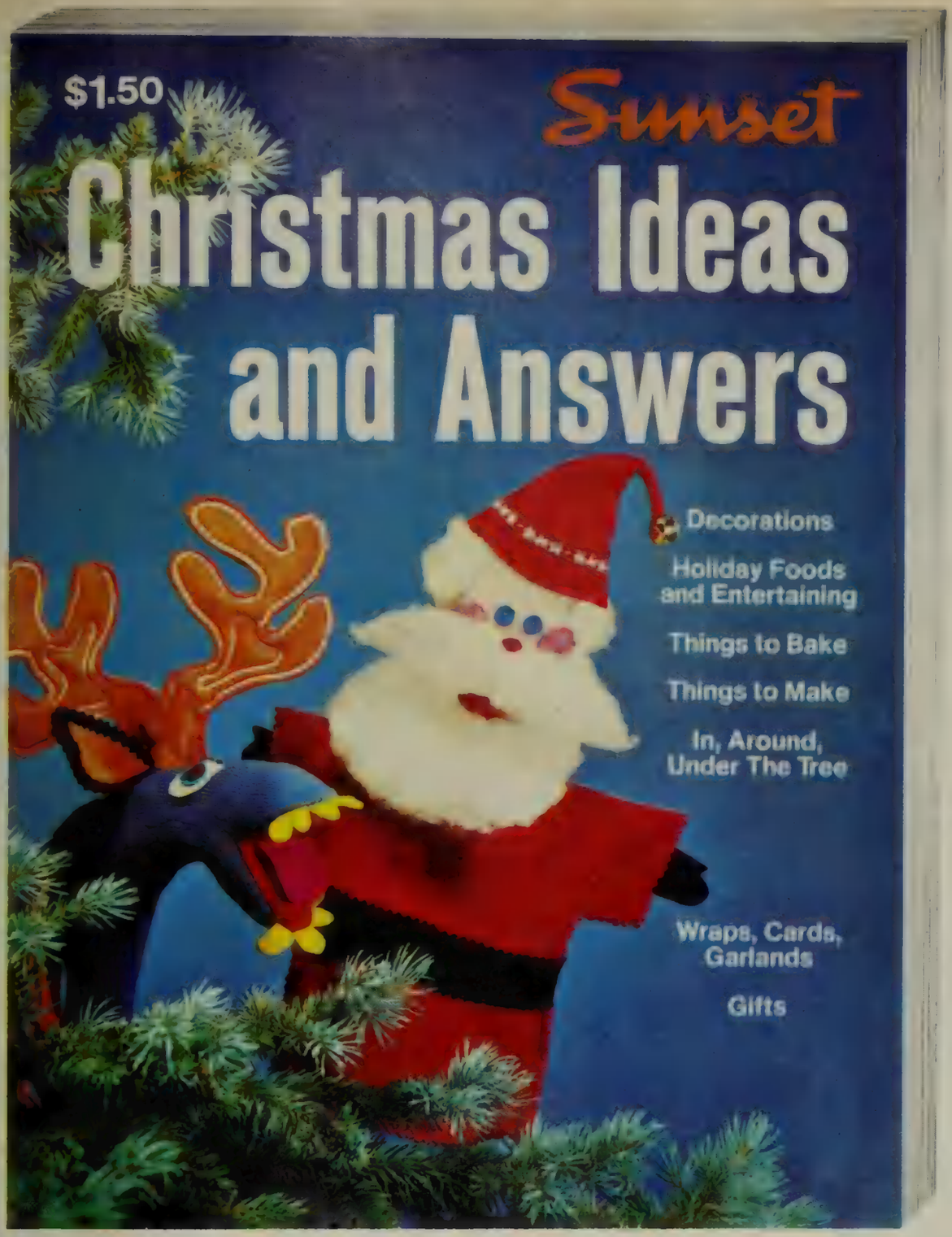
☐ **Christmas tree care.** The first thing to do when you bring a cut tree home is saw off several inches of the trunk. Saw at an angle starting 3 inches above the end of the trunk. Put the fresh-cut end in water in a cool, shaded place until you're ready to move the tree inside. If you want to slow the drying out process, you can apply an antidesiccant spray that's available at most garden stores. Indoors, put the tree in a stand that holds water and refill it as needed.

☐ **Frost protection.** Tender plants such as bougainvillea, citrus, gardenias, and Natal plum (*Carissa*) may need protection from December freezes. Frames covered with burlap or plastic sheeting should be used to cover the tops of tender plants. Move tender container plants indoors or underneath a wide overhang to reduce heat loss.

☐ **Garden cleanup.** Get rid of places where slugs and snails can hide by raking up leaves and debris from flower beds and borders. Also remove fallen leaves from the lawn. Cut dead stems off perennials and mark their locations, then you don't dig them up.

☐ **Pruning.** Selective cutting of evergreens will improve their shapes as well as give you greens for the holidays. Boughs cut from Douglas fir, fir (*Abies*), giant sequoia, incense cedar, pine, and redwood generally last longest indoors. Deodar cedar, spruce, and Western hemlock don't do as well.

☐ **Weeds.** Because of the early heavy rains this year, weeds got off to an early start. Instead of waiting until January to do it, use oil sprays on weeds now. □



lundreds of decorations. gifts and recipes to nake for Christmas

ne 1972 edition of *Sunset's Christmas Ideas and Answers* is ready now in plenty of time to help you plan for e holidays. You'll find hundreds of decorating ideas. cipes and party plans, things to make for gifts, shopng suggestions, unique gift wraps

his is a special publication, not part of your regular *unset* subscription. If you don't find it at your local ewsstand, send $1.50, plus 50¢ to cover handling and ostage. Write Christmas, *Sunset* Magazine, enlo Park, California 94025, Attn. Dept. SS-12 $1.50

A Partial List of Contents

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NORMAN A. PLATE

Cutting back *a 'Sequoia' strawberry*

If you planted 'Sequoias'

For the thousands of readers who planted 'Sequoia' strawberries after seeing them on the cover of the September 1971 *Sunset*, we have this advice.

If you built a frost-protection rig and kept it intact, or if you can reassemble it, start using it again right now. With its help, you may get ripe berries again this winter.

If your plants made lots of runners and the runners have taken root, now is a good time to sever them. Dig up the plants at the ends of the runners and plant them in rows. They'll form fewer berries than the 1971 plants, but the berries will be delicious.

If your plants show no flowers and seem to have ceased making new tissue, it's a good idea right now to cut the tops back as shown in the photograph above. Cut out the old leaves—especially those shading a plant's interior or those that have turned yellow or brown. Leave embryo new growth at center of the plant—shown above. If your plants are blooming or making much new growth, don't do any cutting back.

Feed any 'Sequoia' plants—whether you cut them back now or not—with a 16-16-16 or a 16-20-0 fertilizer. Or use a fertilizer with a similar nitrogen percentage (16 or thereabouts). Apply 6½ ounces of 16 per cent nitrogen fertilizer to each 100 square feet of strawberry-producing surface. Feed same amount again three weeks after growth starts. □

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New help for the pruner . . . whether he is novice or knowing

One form *of pruning. Camellia flower bud is removed in midsummer to make remaining blooms better. Skinny leaf bud at top will extend growth*

DARROW M. WATT

y gardener who has pruning to do ıt profitably consult the new *Sunset ıing Handbook* (Lane Books, Menlo :, Calif., 1972; $1.95). It's intended as much for the experienced pruner is for the novice.

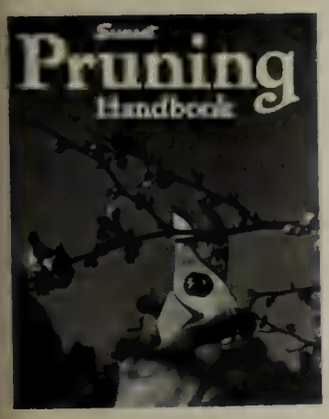
revious book with the same title, is- l 20 years ago, evidently served many ɔle well—it sold about 465,000 cop- But there are important differences.

first book gave major attention to ɜral principles and to groups of ıts, with relatively much less guidance ɔruning individual plants.

new book is very much the opposite. :f chapters cover why you prune, ıt growth, pruning tools, and pruning on. But 75 of its 96 pages are de- ɜd to plant-by-plant pruning instruc- ıs. You can read why, how, and when prune each prunable plant in your den. The instructions appear in the ıe alphabetical, encyclopedic form t users of the *Sunset Western Garden ɔk* find so helpful. □

LEE KLEIN

Sometimes *fir trees and other vertical conifers form a double leader (two main stems). When that happens, cut out the one with the poorer shape. Make cut at the base*



New book's *cover shows flowering quince branchlets being cut for display in vase indoors*

Fuchsia plant *before and after its annual late-winter pruning. This is San Francisco fuchsia pruning (less in Seattle, more in San Diego)*

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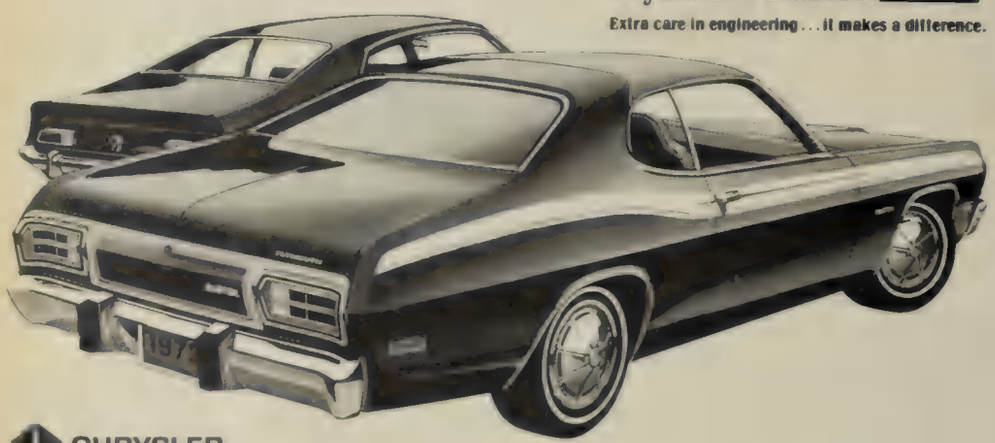

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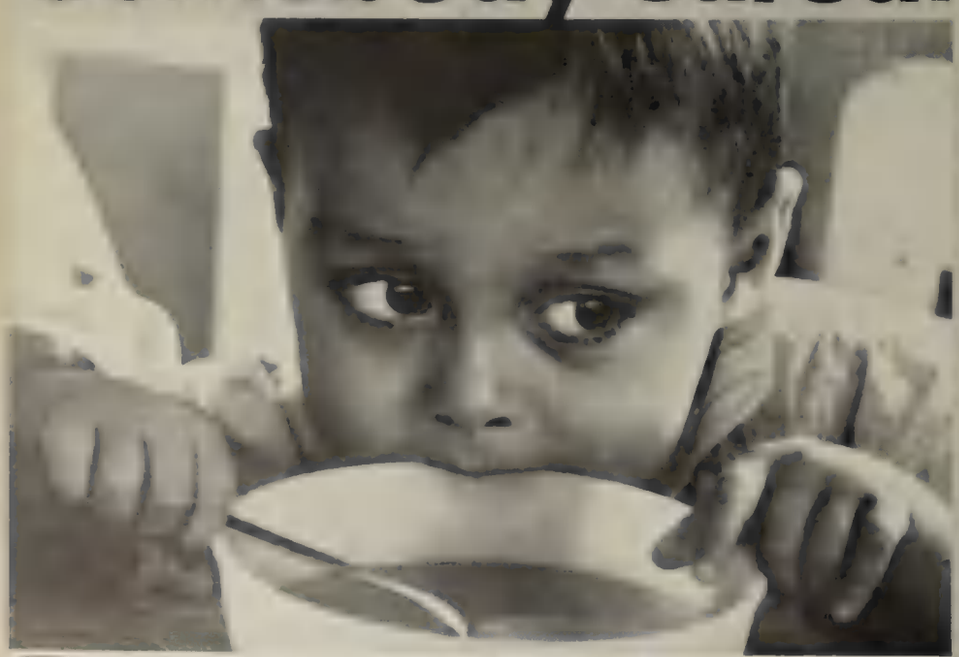

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Stunning gift for gardeners

A new picture book produced in colla oration with Britain's Royal Horticultu al Society is genuinely beautiful, and h substance as well.

In *Flowers of the World*, by Franc Perry (Crown Publishers, New Yor 1972; $19.95—$22.50 after Decemb 31), text and paintings are well matche and both are of superb quality.

The dust jacket gives a good sample the paintings that appear on every o of the book's 300 pages of text. The are 828 paintings, done by Leslie Gree wood from live material. The vividne of the colors and the crispness of t outlines show why painting is still s perior to color photography in depictir plants for identification.

The text is botanically accurate but n technical in language. Like most oth works produced with the R.H.S., th book is understandable and believabl The arrangement of plants is rath novel in a garden book; families plants are listed alphabetically. Abou 150 families are discussed.

This scheme may seem odd at first, but you spend some time with the text, you learn quite a bit about botany—wh constitutes a plant family, where i members come from, what they are use for, and how to grow them. Of cours if you want to look up a specific plan there is the index to help.

The section on the olive family (Olea ceae) shows the common features o forsythia, lilac, privet, and olive—th clustered flowers with petals and sepal in fours, and the leaves usually opposit each other in pairs.

As the title states, this book deals wit flowers of the world—the tropics as we as the temperate regions. Many of th tropical plants are grown as house plants and many more could be. Many of th subtropical species are familiar garde plants in mild-winter areas of the West.

As an example of how informative th text is, sizes are listed both in metri (centimeter and meter) and English (incl and foot) styles. Plant temperature re quirements are given in centigrade an Fahrenheit degrees. The end papers pic ture leaf and flower parts labeled wit technical names.

You can buy *Flowers of the World* fron your local book dealer or from Crown Publishers, 419 Park Ave. South, New York, N.Y. 10016.

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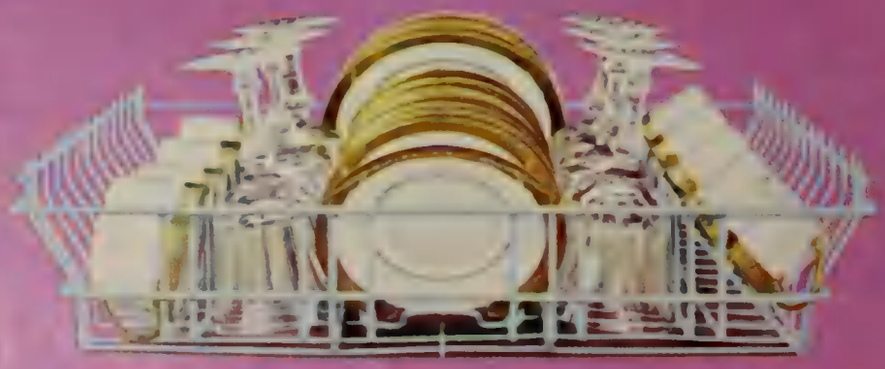

DARROW M. WATT

ite plastic *basket holds per-white narcissus so roots in water, bulbs stay dry*

Late narcissus if you hurry

s late to buy most bulbs, but if you rry you may still find narcissus for rcing indoors.

ese kinds work well indoors: Chinese cred lily, white with a yellow cup; ragford,' white with a scarlet cup; per-white narcissus, pure white; and oleil d'Or,' yellow with an orange cup. ll these bulbs have fragrant clusters of nall-cupped flowers.

noose large firm bulbs and a container ep enough to hold 2 to 3 inches of bbles. Some gardeners also use an inch charcoal in the bottom. Set bulbs ose together and cover them with ough pebbles to keep them upright.

nother method is to use a basket to old bulbs just above water in a wide-outhed vase or pot. The plastic pots nd baskets shown above are sold with ur bulbs in each; they're available in mited numbers from the W. Atlee urpee Co., Riverside, Calif. 92502.

Vith both methods, add just enough ater to touch the bulb base—covering o much bulb causes rot. Place contain-s in a cool, dark place until bulbs rm strong roots and 1 to 2 inches of p growth.

Vhen a vigorous root mass has devel-ped, move container into full light. Add ater as necessary to keep roots wet. lowers should last two to three weeks. fter bloom, discard bulbs or plant in e garden—but don't expect bloom the llowing year. □

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If you were good at mud pies, maybe you're ready for pot making

Pot making is an enormously complex craft, but even beginners can make plant containers as handsome as those shown at the right. The secret is to be content with the pleasures of rolling and cutting chunks of moist clay and to leave the firing to a professional. You don't need to know any special techniques, and you won't need a potter's wheel or any other expensive equipment.

Working with moist clay slabs is something like rolling a pie crust or, more elementally, like making mud pies. Your very first pots may well be as good as the ones on the opposite page—most of them are first pots, too. Containing appropriate plants, they make unusual and highly personal gifts.

Look in the yellow pages of your telephone directory under "Ceramics" or "Ceramic Supplies" to find a place to buy clay and have pots fired. Ask the dealer about the kinds of clay to buy and their characteristics. Any of these flower pots requires only one firing, called bisque or biscuit firing. All eight pictured at right were fired for about $8.

A 25-pound bag of moist clay, which will make many pots, costs from $2.50 to $3.50. Be sure to keep the bag tightly closed to keep clay moist and workable.

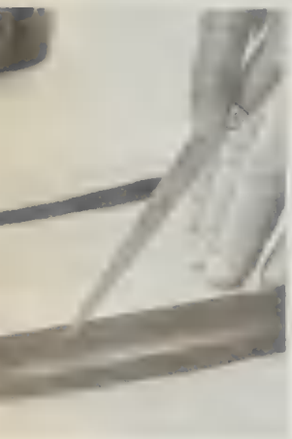
With a taut length of wire, cut off a chunk of clay, then proceed as shown in the photographs below. Make the pot bigger than the finished product you expect—it will shrink about 20 per cent in the firing. A piece of canvas or the reverse side of a piece of oilcloth makes a good nonstick work surface.

The essence of good slab work is fasten all ends and edges together wi adequate scoring and liberal amounts slip—the "glue" that holds separa pieces. Drying and firing make slip a clay a single unit. Make the slip muddling clay with water to the co sistency of thick cream.

If you must leave your work for a tim cover it with plastic or a damp cloth keep clay moist. When you resume wor moisten any stiffened edges before ad ing fresh clay. When clay has begun stiffen, but before it becomes really har make drainage holes by twirling the t of a knife through the pot bottom.

Your pot must be thoroughly dry befo you have it fired, and until it's fired will be extremely brittle and delicat Move it carefully, using both hands, ar place it where it will dry slowly awa from sunlight and drafts.

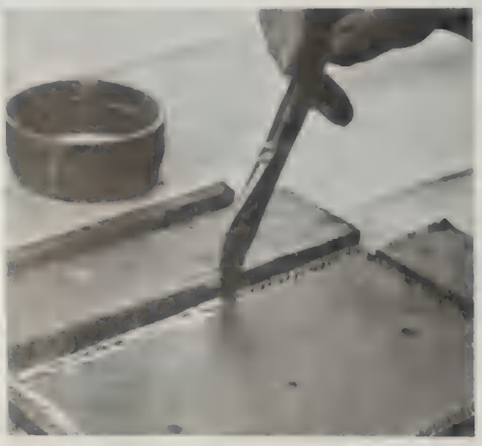
Roll out *clay on canvas or back of oilcloth. Slats ⅜ inch thick support roller, insure slab of uniform thickness*



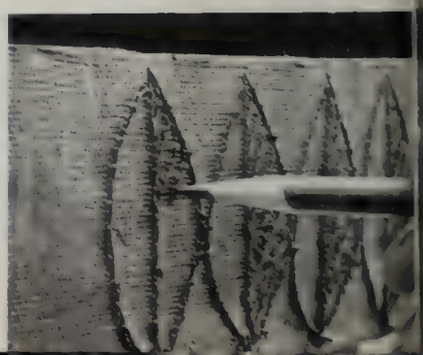
Along straightedge, *cut through clay with potter's fettling knife (shown) or other knife. Work freehand or from cardboard pattern*

Join *pieces and press together. Slip and clay will harden to uniform mass. Use same technique to join narrow strips to bottom of pot to form base*

Before *incisin design, practice wit a piece of scrap cla For smooth joint and edges, rub cla seams with finge tip or damp spong*



With a *needle, score all edges to be joined. Paint scored areas with liberal amount of slip (clay and water mixed to consistency of thick cream)*



DARROW M. WATT

How these pots were made

A: Clay strips draped over plastic bowl. B: Three round sections stacked on their edges, decorated by raking with plastic fork. C: Two strips, the upper pierced and folded while still soft. D: Strip fastened to box with slip, raked with plastic fork. E: Pinched corners, carved and stamped decoration. F: See opposite page. G: Edges stippled with crumpled foil. H: Coils of clay modeled into pot with fingers

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NORMAN A. PLATE

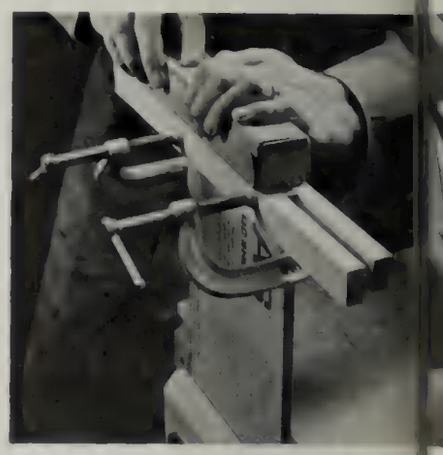
Aquarium-planter *has plastic see-through sides. As the drawing at right shows, there's just one planter inside, but light reflections make it seem like more*

A sea around a planter

Aquariums have intrigued people for centuries, and planters with see-through sides are a current fascination. You need only about $10 worth of acrylic plastic to combine the two ideas for a miniature plant world surrounded by a tiny sea.

To make an aquarium-planter like the one shown here, you'll need a 2 by 3-foot sheet of ⅜-inch-thick acrylic plastic, acrylic cement (ethylene dichloride), and an applicator (brush, eyedropper, or hypodermic applicator). You can buy them at a plastic supply store. You'll also need clamps (two 3-inch C-clamps and two corner clamps), weights to apply pressure while the cement dries (bricks, books), a saw (hand or power), sandpaper (several grades down to 600 grit), a square, a ¼-inch drill, some scrap wood, and a vise.

On the paper masking of the acrylic plastic sheet, draw a diagram for the base (12 by 12 inches), four side pieces for the planter (5 by 8½ inches), and four side pieces for the tank (7 by 12 inches). Have the plastic sheet cut at the store where you buy it, or saw it yourself using a blade with close-set teeth, like a hacksaw. Support it firmly as you cut, and leave the masking paper on until you're ready to glue the pieces together.



Two C-clamps *hold 1-by-2 sanding guides along edge of side piece. Guides keep edges square, straight*

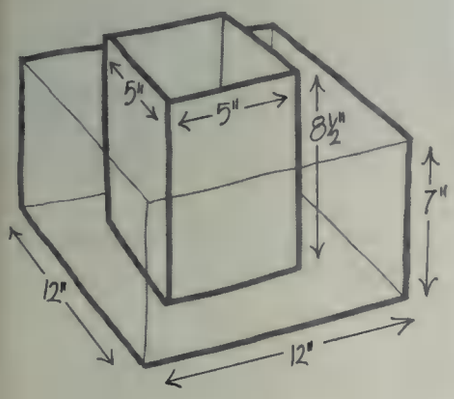
Sand the edges smooth using progre sively finer grades of sandpaper. Use sanding guide like the one pictur above. Check edges frequently with t square. For tight, leakproof joints, i important to get square, straight edge In the center of the base piece, drill ¼-inch drain hole for the planter b with a hand or power drill.

To cement pieces together, strip mas ing paper back from the edges you i tend to join. (Practice making joints wi scrap plastic before you try to gl pieces of the tank together.) Ceme two sides of the planter box togeth first. Hold them with two corner clamp

ıd use an applicator to flow liquid ce-
ent into the joint. Use enough cement
drive out air bubbles. Quickly wipe
ɔ any spills with a rag. Don't move the
int after gluing and wait 2 hours be-
ɔre removing clamps.

o attach the sides of the planter box to
ıe base, strip masking paper off base,
:t the two glued sides in position, and
ɔw cement under their bottom edges.
/eights on the upper edges will hold
ıem in place until glue dries. Assemble
ıe other sides of the planter box and the
sh tank the same way—glue two sides
ɔgether at a time.

.et all the joints dry about 6 hours be-
ɔre you test them for leaks by filling the



Corner clamps *hold two side pieces together for gluing. Cement flows into joint from applicator bottle*

tank with water. If it doesn't leak, empty out the water and put a plant in the planter. Clean up any spilled potting soil from the fish tank and refill the tank with water. The planter shown holds a maidenhair fern (*Adiantum tenerum*) and the tank has two goldfish. If you want to add more fish or exotic kinds, you should get an aerator, filter, and heater.

Because the planter has a drain hole, don't set the tank on a surface that will mar unless you put something underneath to protect it, such as a piece of aluminum foil. Water the plant heavily when you clean the fish tank. □

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The Stag Peanut Butter and Jelly Bags

(Wash 'em again and again)

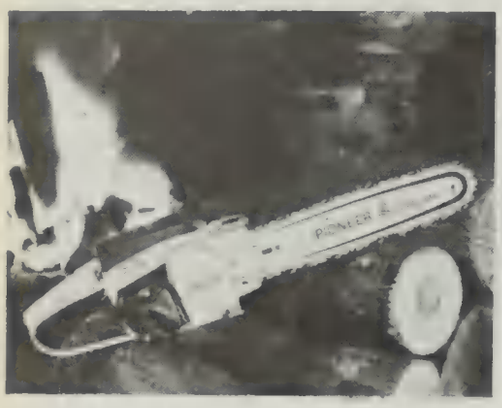
We make tough bags for active kids. Lightweight nylon on the outside. Improved Dacron 88 polyester insulation sandwiched between it and easy-to-turn-in satin lining. Full size machine wash and dry bags come in 2, 3 and 4 pound toasty warmths for backyard or back-country. Colors—Would you believe peanut butter & grape jelly, just to name two?

Hirsch-Weis White Stag

Send 25 cents for "Be Kind to Your Outdoors" booklet and catalog to Hirsch-Weis Division of White Stag, Dept. S-5, 5203 S.E. Johnson Creek Blvd., Portland, Oregon 97206. Also available in Canada. Inquire Norseman Mfg. Co., P.O. Box 1216, Edmonton, Alberta.

Name Address City State Zip

Pioneer makes buying easier



with the new 1073 attractively priced at only $139.95

Pioneer makes things easier on your budget and gives you the easiest starting chain saw. Pioneer's exclusive "Easy-Arc" starting means "Automatically Reduced Compression". You're not pulling the piston against a sealed cylinder. Internal pressure is automatically released. An easy two-finger pull does it.

Other ways the Pioneer 1073 makes things easier for you:

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Easy-access carburetor, toggle-type choke switch, one-shot choke, finger-tip throttle and throttle lock.

Tandem oil pistons cushioned for smooth performance.

Automatic chain oiling eliminates [illegible]

Exclusive foreguard safety chain for faster, safer cutting.

Wide-spaced handles for better balance, more leverage, easier cutting.

And for more feature[illegible] look at the Pioneer 2073. It incorporates extra refinements like roller nose guide bar, a semi-automatic chain tensioner, a rear-boot [illegible] and [illegible] with battle-tested [illegible].

You're going kind of far away. Don't [illegible] cutting equipment. Right [illegible] Pioneer. Easier cutting means [illegible] with [illegible] . . .

PIONEER
CHAIN SAWS

making things easier

DARROW M. WA

Plants are *red and green Sedum rubrotinctum (upper left), gray S. spathulifoliu (upper right), and yellow-green S. confusum (S. amecamecanum*

Plant gifts in little bonsai pots

Little bonsai pots dressed up with plants and some festive trim are easy-to-make and inexpensive gifts for gardeners. The plants will thrive indoors for a season and then can be transplanted to bigger containers or to the garden. The durable pots will then be ready for newer plants that reflect the owner's latest interests.

The pots cost from 29 cents to 98 cents at import stores, a little more at most nurseries. Colors are usually deep blue or gray-blue, the latter with dark brown trim. Planting and decorating are simple enough to qualify as an afternoon project for a Brownie troop or a third-grade classroom.

Your selection of plants will depend on where you live and what your friends might prefer. In mild climates the succulents pictured above will grow happily either indoors or out. Where winters are really cold, you can grow them on a sunny windowsill.

The plants in the picture above cost $1.50 per dozen in the ground-cover section of the nursery. If you have them growing in your garden, you can lift pieces for planting, or even set cuttings to root directly in the pots.

All three sedums shown above thrive out-of-doors in the San Francisco Bay Area. The two on the left also grow well in Southern California. The one in the rectangular pot is not often seen in Southern California, but thrives outsid in the Northwest. Any other sedums c compact growth that are locally avai able will serve just as well.

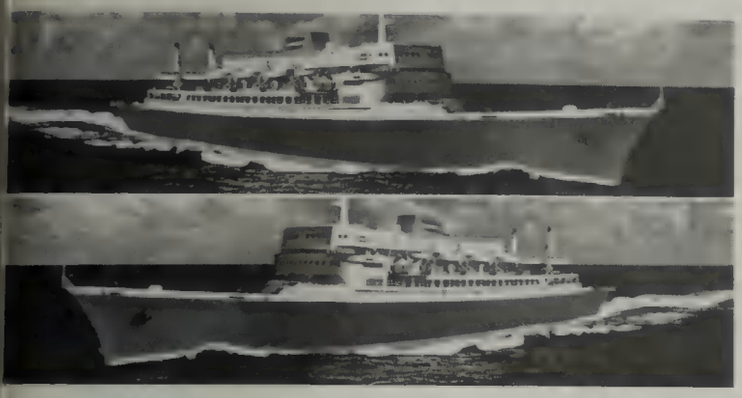
If you live where winters are very mil or if you plan to give these gifts as hous plants, you can use a wide variety c tender succulents. Small jade plant (*Crassula argentea*) are available every where; *C. lycopodioides*, which look like a tiny pine tree, is easy to finc These are only two of many possibilities

Plants in 2-inch pots are now widel available because of the craze for dis gardens. All of these will thrive for a fe months in small bonsai pots before it' necessary to transplant them.

Plant in straight commercial plantin mix or blend mix with an equal part o good garden soil. Dampen your mix be fore planting; bone-dry mix is hard t wet and tends to float out of the po when you attempt to water it.

Soil topping in the photograph above i crushed gray granite; any kind of fin gravel will serve. A few polished beach pebbles would be attractive. You car add a touch of color with dried and dyec daisy centers; these, and similar drie materials, can be found in import stores gift and florist shops, and variety stores Or you could decorate the pots with tiny silver or gold spherical Christmas tree ornaments. □

Holland America introduces two of the most luxurious cruiseships ever built made even more so.



Welcome to the s.s. Veendam and s.s. Volendam. They used to sail under the names, s.s. Argentina and s.s. Brasil, two of the finest ships that ever graced the sea. Luxury cruiseships stem to stern, and now Holland America has made them even more so.

There is a grandeur to the Veendam and Volendam, an exquisite quality that reminds you of the day before someone invented plastic, before people cut corners wherever they could. Their staterooms aren't just roomy, every one is a marvel of spaciousness. And best of all 90% of them are outside staterooms, a view of the sea just a pull of the curtain away.

Above all a cruiseship should be a pleasure, and we've even enlarged the pleasure places for you. They include a new deck and swimming pool, a new Lido restaurant, three dance floors, three bars, gift shops, a boutique.

Great ships they are, and along with our other cruiseships, they give you a big choice of not just the biggest, but we think the finest fleet in all the seven seas.

The Veendam and Volendam are ranging far and wide mostly on longer cruises, so you'll have longer to enjoy them. They may just be the most luxurious of all cruiseships and now they are ours, and soon they can be yours.

Join Holland America, see the World, the Mediterranean, the North Cape or South America.

FROM NEW YORK AND FLORIDA

WORLD CRUISE JAN. 18, 1973. s.s. Rotterdam. From New York. From Port Everglades 1/20. 89 days. 24 ports. To La Guaira, Port of Spain, Rio de Janeiro, Cape Town, Durban, Mombasa, Bombay, Cochin, Colombo, Trincomalee, Madras, Penang, Singapore, Bangkok, Hong Kong, Nagasaki, Kobe, Yokohama, Honolulu, Los Angeles, Isla de Guadeloupe, Puerto Vallarta, Acapulco, Cristobal. From $4570 to $14,610.

SPRING MEDITERRANEAN/ISRAEL CRUISE. APR. 1, 1973. s.s. Statendam from New York. 41 days. 21 ports. To Funchal, Casablanca, Tangier, Almeria, Valletta, Piraeus, Izmir, Rhodes, Famagusta, Haifa, Ashdod, Iraklion, Navarino Bay, Syracuse, Naples, Civitavecchia, Ajaccio, Ibiza, Malaga, Gibraltar, Lisbon, Horta. From $1675 to $4640.

SUMMER NORTH CAPE/RUSSIA CRUISES. JUNE 5, 1973. s.s. Volendam. From Port Everglades. From New York 6/8. From $2075 to $7030. June 26, 1973. s.s. Statendam. From Port Everglades. From New York 6/29. From $1980 to $4670. July 20, 1973. s.s. Volendam. From New York. From $2150 to $7175. 41 days each. 20 ports. To Reykjavik, Hammerfest, North Cape, Tromsoe, Trondheim, Geiranger, Bergen, Oslo, Goteburg, Gudhjem, Stockholm, Leningrad, Helsinki, Visby, Copenhagen, Rotterdam, Zeebrugge, Le Havre, Torquay, Horta. Returning to New York.

WESTERN EUROPEAN CRUISE. AUG. 10, 1973. s.s. Veendam. From New York. 35 days, 20 ports. To Funchal, Casablanca, Gibraltar, Le Goulette, Valletta, Syracuse, Naples, Civitavecchia, Ajaccio, Palma, Alicante, Malaga, Lagos, Lisbon, La Coruna, St. Peter Port, Le Havre, Isle of Wight, Torquay, Glengariff. From $1680 to $5680.

WESTERN MEDITERRANEAN CRUISE. AUG. 31, 1973. s.s. Volendam. From New York. 35 days. 24 ports. To Ponta Delgada, Lisbon, Cadiz, Ceuta, Tangier, Malaga, Ibiza, La Goulette, Valletta, Syracuse, Naples, Civitavecchia, Livorno, Portofino, Genoa, Cannes, Monte Carlo, Ajaccio, Barcelona, Palma, Alicante, Gibraltar, Casablanca, Funchal. From $1610 to $5450. Returning to New York and Port Everglades.

FALL MEDITERRANEAN CRUISE. OCT. 6, 1973. s.s. Volendam. From New York. From Port Everglades 10/8. 41 days. 22 ports. To Funchal, Casablanca, Gibraltar, Alicante, Mahon, Cannes, Monte Carlo, Portofino, Genoa, Civitavecchia, Piraeus, Delos, Mykonos, Istanbul, Izmir, Rhodes, Valletta, La Goulette, Malaga, Tangier, Lisbon, Ponta Delgada. From $1980 to $6850. Returning to New York and Port Everglades.

AROUND SOUTH AMERICA CRUISE. OCT. 21, 1973. s.s. Veendam. From New York. From Port Everglades 10/23, 51 days to Cristobal, Balboa, Tagus Cove, Trujillo, Callao, Iquique, Antofagasta, Coquimbo, Valparaiso, San Antonio, Concepcion, Corral, Puerto Montt, Punta Arenas, Mar del Plata, Buenos Aires, Montevideo, Maldonada, Itajai, Santos, Rio de Janeiro, Salvador, Recife, Fortaleza, Barbados, St. Thomas, and more. From $2780 to $7980. Returning to Port Everglades and New York.

SOUTH PACIFIC CRUISE. JAN. 9, 1974. s.s. Volendam. From New York. From Port Everglades 1/11. 70 days. Sailing to Tahiti, Moorea, Fiji Islands, Australia, New Zealand, The Galapagos Islands and lots more. Returning to Port Everglades and New York.

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On all Holland America Cruises, no gratuities required. Rates per person, based on double occupancy and subject to availability. The s.s. Rotterdam and the s.s. Statendam are registered in the Netherlands. The s.s. Volendam and the s.s. Veendam are registered in the Netherlands Antilles.

See your travel agent, or clip the coupon.

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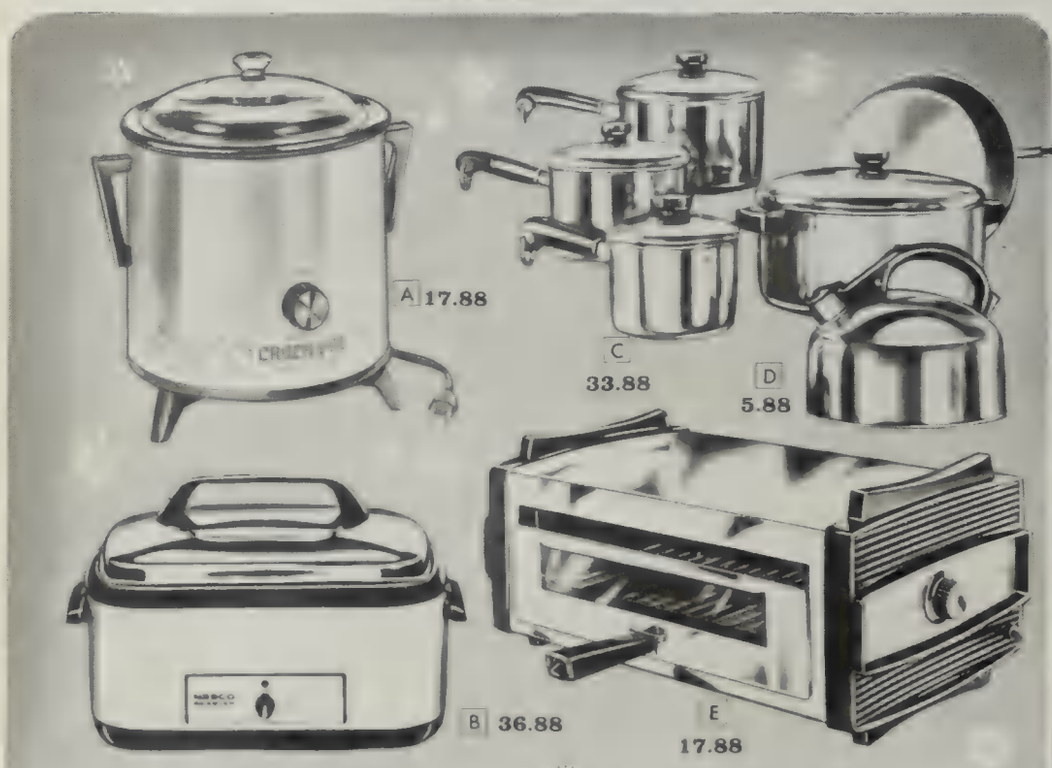

HAMILTON BEACH Butter-Up™

New electric cornpopper butters corn
it pops, serves up to 4 qts. right from
lid! Thermostat control, signal lig
Teflon-lined with *built-in kernal separator.* Gold, **14.8**

Sunbeam Electric Blankets

Featherlight 100% acrylic with nyl
binding, machine washable. With light
thermostat controls. Blue, green or go
Twin size . . . **19.94** Double size . . . **24.**
Double size with dual controls . . . . . **28.**

RIVAL Crock-Pot® Cooker

A Combines modern electric ease with old-fashioned, slow-simmered goodness. Stoneware pot tenderizes meats, preserves flavor and nutrition in all foods. 3½-qt. cap. **17.88**

NESCO Giant 18-qt. Roaster

B Cook a 20-lb. turkey, 30-lb. roast, an entire meal right on the counter! Automatic thermostat and signal light. Removable porcelain cook-well, self-baste lid, rack. **36.88**

REVERE WARE Copper-Clad Stainlessware

C Copper bottoms heat evenly, cook better. 9-pc. set: 1½, 2 and 3-qt. covered pans, 6-qt. dutch oven, 10" skillet **33.88**
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E Bakes like an electric stove, flip over to broil! Does everything from cake to steak, automatic 200-475 temperature control. Easy to clean, drawer unit goes right in the sink. **17.88**

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F 8-Track Stereo Tape System with FM/AM/FM multiplex tuner. Superb response, continuous or manual selection, channel indicators. Speakers separate 16 ft. **99.99**

G Handsome FM/AM Digital Clock Ra
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Joyous Christmas music in limited edition LP stereo Collector's Album. Ten selections featuring many favorite artists. 33⅓ rpm. Vol. VIII. $4.98 value, **1.00**

Norelco Luxury Grooming

I Lady Norelco Beauty Salon, shaver and attachments for manicure, facial.

J Triplehead Shaver has 9 settings, a perfect shave for every beard and skin. 110/120V. **See our low prices on Norelco.**

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K Super Max™, a complete hairstyling system! 2-speed blower with 5 attachments to dry, style, curl or straighten long or short hair. Perfect gift idea for the family, only **15.88**

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Sunbeam Tangle-Free Comb

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ESTCLOX Calendar Watches

e 17-jewel movements, luminous dial d hands, sweep second hand. Choose sil- with grey face and expansion band. gold with white face and ther strap. Your Choice, **17.88**

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Give him a happy face! Extra thin foil head puts blades right against skin for closer, smoother shaves. Protects, too, against skin irritation. 34 precision blades stay sharp. **23.88**

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Give him a yard-care break, at a special Christmas price! Buy $29.99 16" hedge trimmer, cuts clean and quick at any angle. Walk-along grass trimmer (reg. $12.88) just 1c! Both **30.00**

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ailable at many other hardware stores. For honest values and better service . . . shop at a hardware store. Prices expire December 24, 1972

If you have a tree problem, Davey can help.

Davey men have the skill and training it takes to diagnose residential tree problems quickly. They'll recommend a program of treatment to keep your trees healthy and vigorous.

Our skilled men work with landscape architects, too, to make buildings and grounds more attractive. We supply a wide variety of trees and shrubs and plant them and maintain them.

In addition, we help utility companies provide uninterrupted service by keeping electric and telephone lines clear, striving at all times to maintain the health and appearance of trees.

Whatever your tree or landscaping needs, Davey offers satisfaction that grows. Look in the Yellow Pages under Tree Service for the Davey representative in your area. Or write to Dept. 8.

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LIVERMORE, CALIFORNIA 94550

Garden doings in December

Oakland. December 2 through 10. Another "Christmas at Dunsmuir House" presented by the nonprofit Hellman Park-Dunsmuir House, Inc., in cooperation with the Oakland Parks and Recreation Department. Sales items range from antiques through crafts to ivy topiary trees. Location: two blocks off Interstate 580 at Marlow Dr. and Covington St. Use the carriage house entrance on Covington St. Hours: 10 A.M. to 9 P.M. December 2 and 3, and December 8 and 9; 10 A.M. to 5 P.M. December 4 through 7, and December 10. Admission: $3.

Burlingame. December 3. Christmas boutique sponsored by the St. Catherine Women's Club. Place: St. Catherine School auditorium, 1300 Bayswater Ave. Hours: 9 A.M. to 4 P.M. Free. In addition to the plant sale, handcrafted items and gourmet food will be sold.

Ross. December 8, 9, and 10. Annual greens sale presented by the Decorations Guild of the Marin Art and Garden Center. Place: Marin Art and Garden Center, Sir Francis Drake Blvd. Hours: 10 A.M. to 4 P.M. Free. Green swags and wreaths, cone wreaths, and yule logs will be sold. Or do-it-yourselfers may choose materials for their own creations.

San Francisco. December 11 through January 1. Annual display of cyclamen and poinsettias blooming in the conservatory on John F. Kennedy Drive in Golden Gate Park. A great variety of house plants and ferns are also grown there. Hours: 8 A.M. to 4:20 P.M. Free.

San Francisco. December 13. Annual Christmas greens sale and boutique presented by the San Francisco Garden Club. Place: Hall of Flowers, Ninth Ave. and Lincoln Way, Golden Gate Park. Hours: 1:30 P.M. until material is gone.

A luncheon ($6) at noon in the Hall of Flowers will precede the sale. Advance reservations are required; telephone the San Francisco Garden Club at (415) 421-3497, between 10 A.M. and 2 P.M. weekdays.

San Mateo. December 15. Christmas decoration program by Ron Morgan, plus a boutique and tea, cosponsored by the Perennial Gardeners and the San Mateo Recreation Department. Place: Beresford Recreation Center, 2720 Alameda de las Pulgas. Time: 1 P.M. Admission: $3.50. For tickets, telephone Mrs. G. Jay Carey (415) 342-8881. □

Exciting Christmas Gifts to give or keep from the quality makers • Exciting Christmas Gifts to give or keep from the quality makers • Exciting Christmas Gifts to give or keep from the quality makers

FUN AND FLAVOR

Electricity does the work. Now old fashioned home made ice cream with old fashioned family fun. Varnished wood finish.

FROM—PROCTOR SILEX

MAX

The mini hair dryer. It makes a finished hair style in almost no time at all. Dries hair fast because it's powerful.

FROM—GILLETTE

FOOD PREPARER

Taste tempting home-baked bread, dinner and breakfast rolls come back, thanks to the K-45 with the exclusive dough hook.

FROM—KITCHENAID

TODAY IRON

Compact, lightweight. Has super pushbutton steam power. Use as a hand steamer for on-the-spot freshening of garments.

FROM—SUNBEAM

WOK

Exciting way to cook and entertain. Quick and tasty oriental dishes, prepared at the table with a flair.

FROM—CORNWALL

Exciting Christmas Gifts to give or keep from the quality makers

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HEATING / COOLING

Heats a whole room, cools on a hot day. 1500 watts instant heat. Compact size. Thermostatic control. Take anywhere.

FROM— FLOWTRON

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The fastest salon dryer for your home. Keeps heat from face. Dries fast. Portable. Holds biggest rollers made.

FROM— LADY SCHICK

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Huge family-size grill cooks-n-serves a multitude of mouth watering recipes. No scorching or burning. Cooking unit completely immersible too.

FROM—OSTER

DYNA BLEND

Automatically gives you on/off blending—let's you dry blend. 8 buttons, 7 speeds, on/off switch. Surgical cut stainless steel blades.

FROM— WARING

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A real kitchen workhorse. 10 posiiton infinite speed settings with handy top control. Automatic bowl rotation for extra convenience, better mixing. Comes with 4 qt. and 2 qt. stainless-steel mixing bowls. Handy beater ejector lever.

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Push a button and the complete assembly pops out for easy cleaning. Built-in magnet holds can lids. 6½" tall—opens any standard size can without stalling. Single wheel knife sharpener hones sharp edges on all kitchen knives and scissors.

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Your home will stay cleaner. Country fresh air. Removes 99% of pollen. Absorbs odors. Portable. Good looking.

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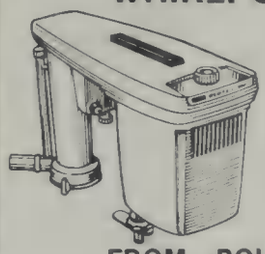

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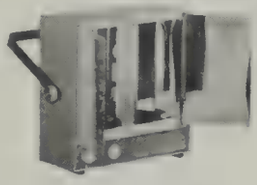
Has stand or use as table model. Speed tanning and heating. Cover larger area. 30 Minute Timer.



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Flexamatic shaver 400. So close, so comfortable. It's even converting the "blade man."

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8 speed solid state blender. Pushbuton selection, 40 oz. container, lowest silhouette for storage. They are gift wrapped.

FROM—VAN WYCK

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Rapid hair drying. High and Low speed. 3 Attachments. Good grooming at your finger tips with this hand held dryer.

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Safeguards the family and house from prowlers or burglars by turning lights ON and OFF each evening. Use it also to turn "ON" electric coffee makers, radios, to wake you to music or lull you to sleep.

FROM—INTERMATIC

UNTANGLER

The "Untangler" is just that. It untangles hair in seconds, wet or dry. No cream rinse. No breaking or splitting ends.

FROM— NORTHERN

KINDNESS

World's largest selling Mist Hairsetter. 3 Hairsetters in 1! 3 setting choices: Conditioning Mist. Warm steam switch. Includes Kindness Custom Care Conditioner and a high-fashion hairdo booklet.

FROM—CLAIROL

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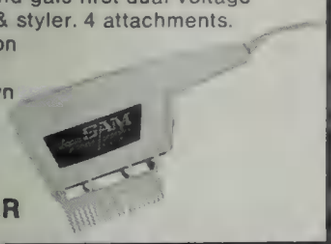
For guys and gals first dual voltage hair dryer & styler. 4 attachments. Brush fits on dryer or uses its own handle.



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FOOD PREPARATION MACHINE

It comes complete with beater, whisk and dough hook. Optionals are blender, grinder, juicer, many more.

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With a push of a button, lint and loose mineral deposits flush away. Prevent clogging and spotting. Spray steam or dry Iron.

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Exciting Christmas Gifts to give or keep from the quality makers • Exciting Christmas Gifts to

Living gifts say you care

Nothing expresses Christmas feeling like a gift that grows. And the world's most magnificent collection of living gifts is at your Master Nurseryman's now. Not just traditional favorites, but imaginative indoor arrangements and hand-selected specimens for garden use.

Say you care with living gifts from your Master Nurseryman.

Christmas Shop at your Master Nurseryman's now

See the 1972 Collection of Living Gifts and Trees at these Master Nurserymen

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Danville	Sunset Nursery
El Cerrito	Adachi Nursery
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	Lodi Nursery
Los Altos	Monte Bello Nursery
Madera	West Mart Nursery
Menlo Park	Roger Reynolds Nursery
Merced	Les' Garden Center
Millbrae	Peters & Wilson
Mill Valley	Egger & Son Nurseries
Modesto	Hischier Nursery
Monterey	Cypress Gardens
Napa	Cudaback Nursery
Novato	Egger & Son Nurseries
Oakland	Montclair Nursery
Orinda	McDonnell Nursery
Palo Alto	East Side Nursery
Petaluma	Green Thumb Nursery
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Bromeliads . . . good indoor performers

Gardeners seeing their first epiphytic bromeliads (tree-dwelling plants in the pineapple family) might think that the plants had been molded from plastic.

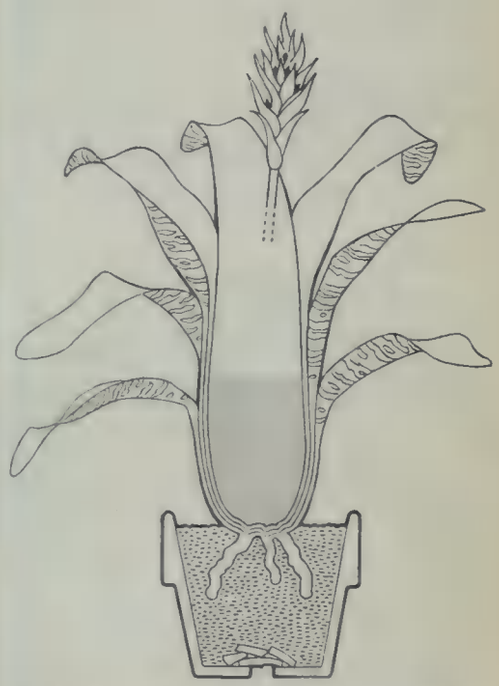
Actually there's good reason why they look as they do: Growing on tree branches, and having no reservoir of soil moisture to draw on, they have to, in effect, carry canteens. The cupped leaf bases form reservoirs to tide plants over between rains—or between waterings in your living room. The small roots are mere anchors.

Tough, hard-surfaced leaves that are slow to lose moisture to the atmosphere make bromeliads good house plants.

Plants change slowly and nearly imperceptibly, but they are alive and cannot endure prolonged neglect. Keep water cups filled, and change water occasionally to keep mineral salts from building up. Use rain water if you can get it, but never use softened water. Water soil or planting mix only when it feels dry.

Because plants grow slowly, they need only light feeding. Use a liquid plant food at half recommended strength once or twice during spring and summer. Apply to the soil; or fill water cups, empty after 24 hours, and refill with clear water.

Bromeliads commonly sold are species of *Aechmea, Billbergia, Guzmania, Neoregelia, Tillandsia, and Vriesia.* □



Shaded area *indicates canteen bromeliad carries at the cupped bases of its leaves*

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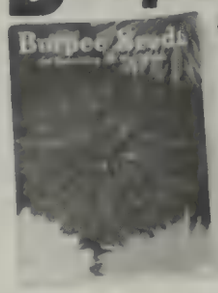

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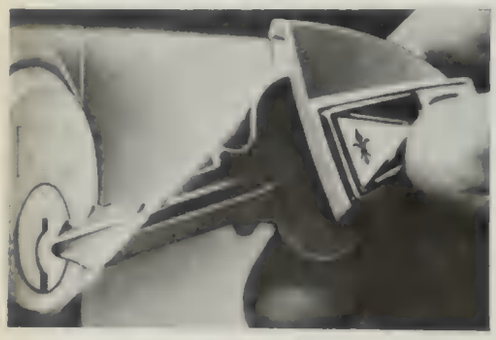

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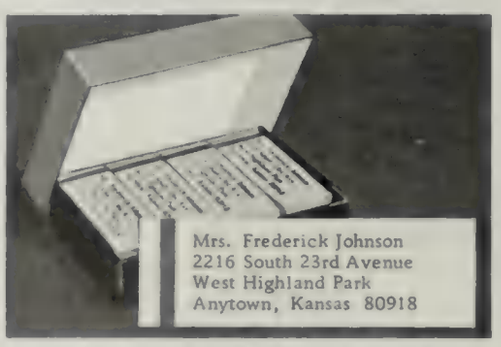

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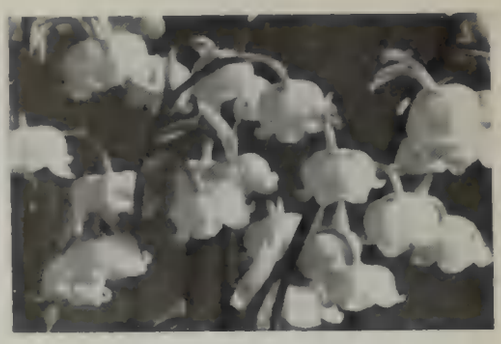

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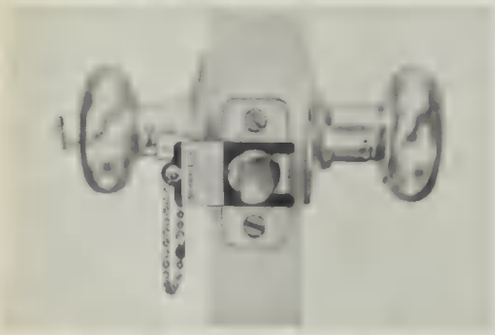

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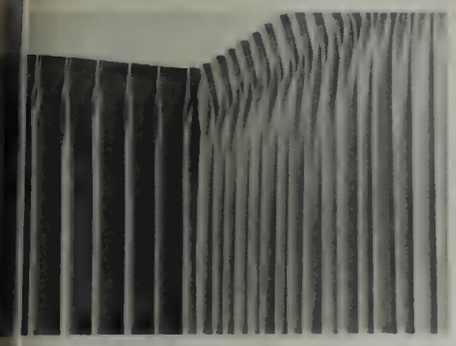

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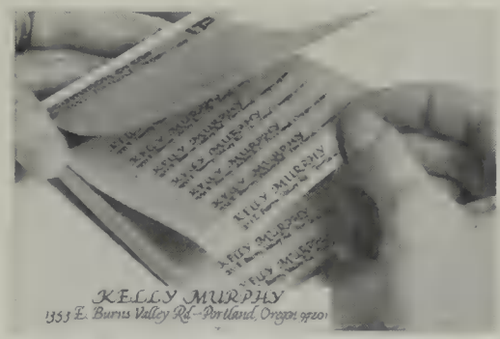

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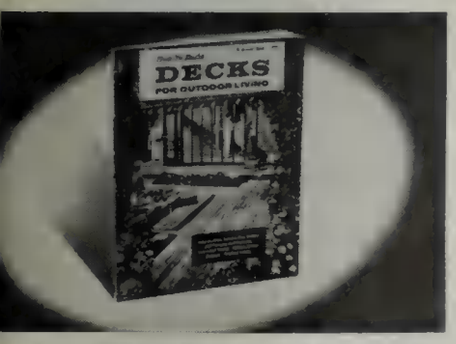

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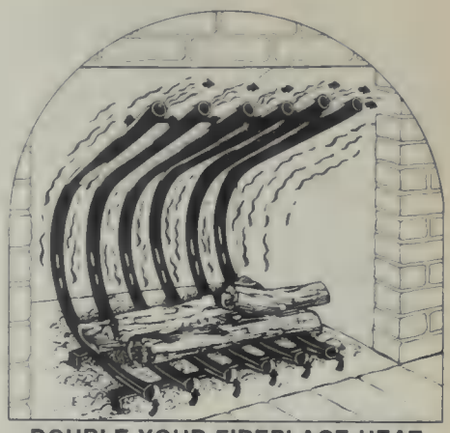

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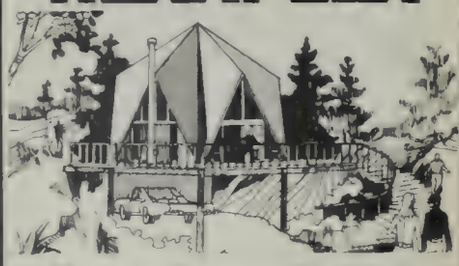

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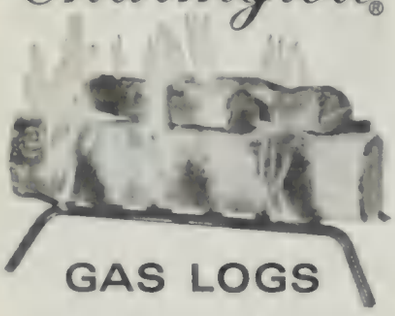

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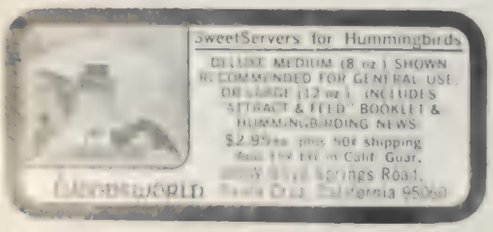

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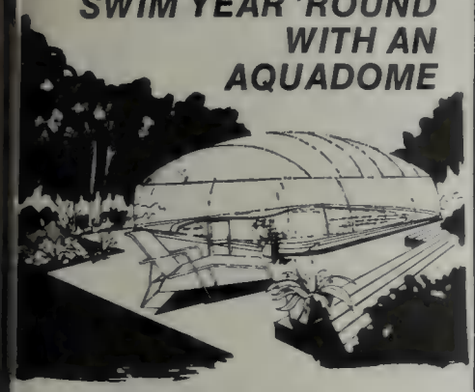

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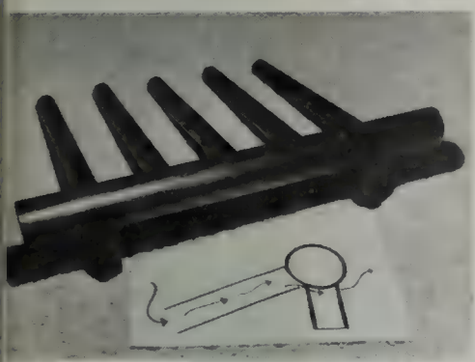

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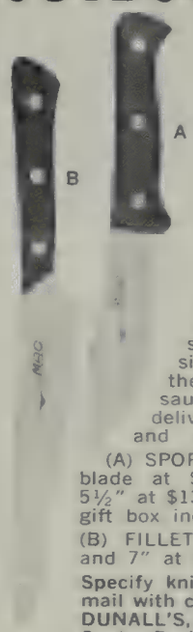

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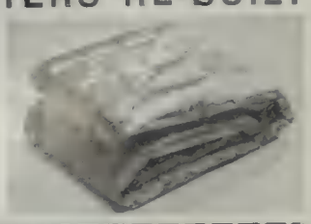

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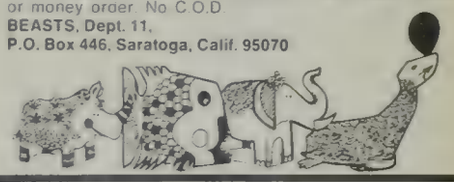

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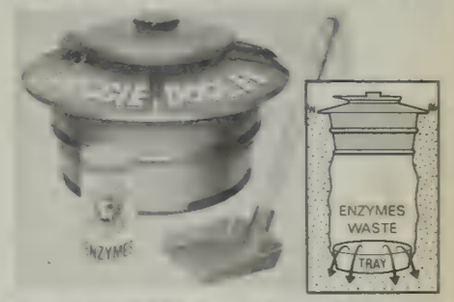

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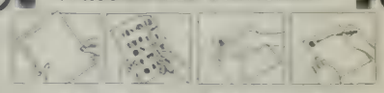

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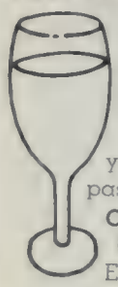

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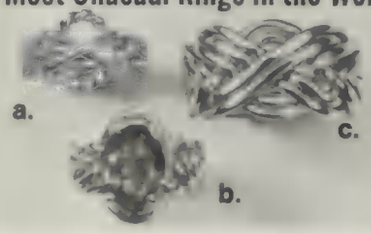

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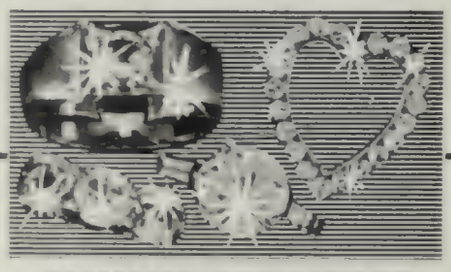

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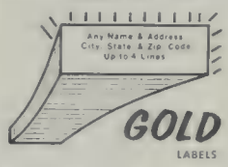

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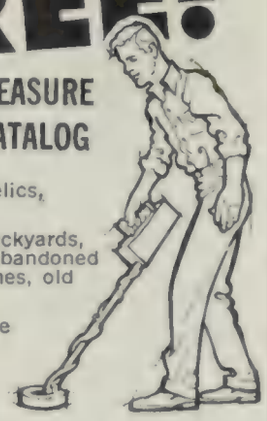

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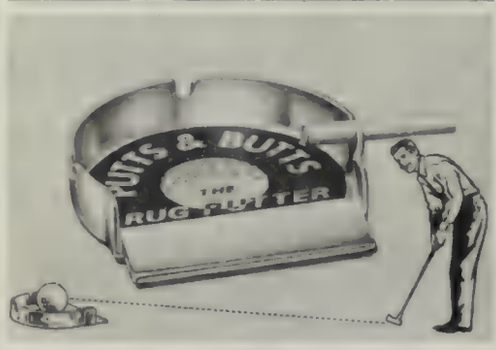

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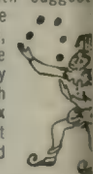

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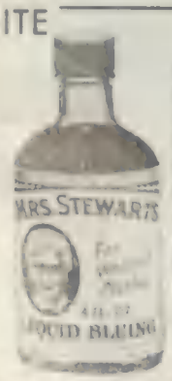

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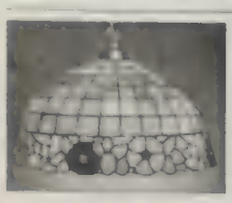

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LETTER FROM *Sunset*

Our first national magazine

The same newsstands that offer this month's issue of *Sunset* are al likely to have another *Sunset* on display. But it's not *Sunset Magazi* It's *Sunset Christmas Ideas and Answers*, a new annual publicati now in its second year.

The December issue of *Sunset Magazine*, though crowded with Chri mas ideas, also contains travel articles, gardening articles, and fo articles of the type you're used to seeing in the other 11 monthly iss of *Sunset*.

The Christmas annual publication, on the other hand, is all Christm It's partly a collection of some Christmas ideas published in previo December issues of *Sunset*, which were redeveloped for this public tion, often in greater detail. Other material in this Christmas annual completely new.

Christmas Ideas and Answers has another distinction: You might c it our first national magazine. We now publish two other annua *Western Campsites* and *Where to Go Boating in California*; but they a strictly Western in character and intended for Western circulation, t same as *Sunset*.

We distributed the first edition of our Christmas annual last year in t same nine Western states that make up *Sunset Magazine's* circulati area. It proved popular in the West; newsstand sales were brisk. But t fact that *Sunset's* name was on the cover undoubtedly contributed how well it sold.

Last year, we also sampled our new annual magazine on newsstands nine cities east of the Rockies. *Sunset's* name is not as well know there as it is in the West, although it's becoming increasingly bett known as we move ahead with coast-to-coast distribution of *Suns* books. Even so, our eastern sampling of the Christmas annual last ye was encouraging. It sold very well.

So this year *Sunset Christmas Ideas and Answers* is on selected new stands coast to coast—and, in a brand new test run, in a few foreig countries that share our Christmas traditions.

WINDOW ON THE WEST: *Piñatas*

This open-air shop on Olvera Street—the block-long mall of Mexican shops and restaurants near the center of Los Angeles —displays gaily colored piñatas in shapes of a cowgirl, bull, goat, and a 3-foot mouse that now belongs to a young shopper. Piñatas, which most likely originated in Italy in the sixteenth century, play a part in Mexico's traditional holiday festivities.

On the nine nights before Christmas, families taking part in the ceremony called *Las Posadas* go from house to house reenacting Mary and Joseph's search for lodging. A party usually follows, climaxed by a scramble for goodies as a blindfolded youngster whacks open a piñata filled with toys and candies. □